GRAPEVINE
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VVES Students Showcase Talent at Vis Valley Idol

Performances during Vis Valley Idol at VVES on June 1 included (top) a Fan Ribbon dance and (left) a Samoan dance.

More than 300 paying fans -- parents, family members and friends -- packed the Visitacion Valley Elementary School (VVES) auditorium at 55 Schwerin St. on the evening of June 1 to watch VVES student display their talents on stage at *Vis Valley Idol*. And talented the performers were!

Kindergartener Erin launched the show with his suave dance to Chris Brown's *Run It* music.

Dances that followed included: Ms. Woodruff's *Lil' Viz Hip Hoppaz*; Mr. Wong and Ms. Sabrina Hon's *Fan Ribbon* dance; 4th-grader Marielle's modern dance to *I Got Nerve*; Mrs. Afusia's Samoan dance troupe; and Mrs. Afusia's *Electric Slide* with audience participation.

There were also enjoyable singing performances by Patricia, Chelsea, Greta, Ms. Mok and her students, Sally and Kelly, Patricia and Julia, and Emiah and Ashante.

All performances by the young artists during the show's two hours qualified as top-class entertainment, deserving to be voted in as *Vis Valley Idols*.

Mayor Pledges to Cut City Litter by 50 Percent in Five Years

In terms of litter on the city's streets, chewing gum is public enemy number one. It accounts for an astonishing 39 percent of all small litter citywide. Of litter emblazoned with a brand name, the top repeat offender is packaging from McDonalds. These are just two of the findings in the City's first-ever litter audit conducted in San Francisco and announced June 21 by Mayor Gavin Newsom, Director of the Department of the Environment, Jared Blumenfeld, and Director of the Department of Public Works, Fred V. Abadi.

The audit – commissioned by the Department of the Environment and supported by the Department of Public Works– catalogued various categories of litter at 105 randomly selected sites in order to establish citywide averages and trends. The information developed in the audit will help target litter reduction efforts, and provides a baseline to measure future performance in subsequent audits.

"The Streets Litter Audit allows us to identify the business sectors that are the greatest source of litter, as well as the types of public behavior that we need to change," said Mayor Newsom. "Now that we can pinpoint where the City's litter is coming from, I am committed to reducing street litter in San Francisco by fifty percent over the next five years."

"The Streets Litter Audit compiled data on small litter, large litter, and where this litter occurred," noted Department of the Environment Director Jared Blumenfeld. "From this data, we can identify the most commonly littered items – and we call this list San Francisco's Dirty Dozen."

The Dirty Dozen is the six most found items and six most found brands. In order of frequency, the top six items are gum, paper (receipts, napkins and newspapers), broken glass, plastic, candy wrappers, cigarette butts and empty cigarette packs. The top six brands are McDonalds, Muni transfers, Marlboro, Burger King, Starbucks, and, tied for sixth place, Safeway, FedEx, and Jack in the Box. Fast food restaurants account for the greatest amount of litter generated by the Dirty Dozen.

"Individuals have the responsibility not to drop litter on the streets, but the business sector also needs to examine its practices that feed the problem," said Mayor Newsom. "Since much of the litter comes from fast food establishments and cafes, we need these businesses to take responsibility for the amount of packaging they use. Just reducing the number of paper napkins in a to-go order would make a significant positive impact. That's why I will be calling a meeting with fast food franchise owners to secure their commitment to our litter reduction goals." *See Page 4*

Project Homeless Connect Expands Outreach to Bayview

In June, Mayor Newsom reinforced his commitment to eradicating homelessness in the city by expanding his homeless outreach program to the southeast sector of San Francisco. For the first time since it's inception, Project Homeless Connect XVII broke new ground on June 8 when the event was hosted in the Bayview Hunters Point community.

In collaboration with the United Council of Human Services, Bayview Hunters Point Foundation, the Southeast Health Center, and other BVHP neighborhood non-profit groups, Project Homeless Connect was moved from it's usual Civic Center location in an effort to connect a greater number of homeless or underserved individuals with vital city services they need toward self-sufficiency.

"Although the city has made great strides in addressing homelessness, we can not rest on our laurels," noted Mayor Newsom. "Expanding our outreach efforts to other parts of the city is the next step in our challenge to end homelessness and address poverty in our communities."

It is estimated that between 300-400 people are homeless in Bayview Hunters Point. This area also experiences a disproportionate number of health concerns: twenty-two percent of residents live below poverty level, and one in three people live with the daily threat of hunger.

For 2-1/2 years, Project Homeless Connect has continued to prove itself as a most effective means by which to connect the city's most vulnerable residents to housing opportunities and support services. Every 6-8 weeks, community volunteers partner with government agencies, non-profits and private companies to provide a one-stop shop of health and human services for the City's homeless and disadvantaged.

To date, close to 20,000 volunteers have provided services to 18,540 people experiencing homelessness in San Francisco. To volunteer or learn more about Project Homeless Connect, visit www.SFConnect.org

New Proposal to Fund Groundbreaking Hope San Francisco Housing Initiative

Mayor Gavin Newsom and Supervisor Sophie Maxwell announced a proposal on June 8 to issue a $95 million bond to rebuild San Francisco's most distressed housing sites as part of the Mayor's HOPE SF initiative. The investment would leverage approximately $700 million in additional private and public funds.

The funding for the bond will come from a combination of sources, including Mayor Newsom's 2007-2008 budget proposal, which includes a $5 million down-payment towards $95 million in revenue bonds to help rebuild 800-900 of the City's most distressed public housing units. The proposal would also help create 250-350 new affordable homes, and 700-900 new market-rate homes and condominiums.

"I challenge anyone to identify a more pressing need for the City and County of San Francisco," said Mayor Newsom. "HOPE SF and this new partnership agreement focus our collective determination to make immediate and lasting change for the City's public housing residents."

"This funding proposal is a crucial first step in making a real difference in the lives of public housing residents and will strengthen families in the community," said Supervisor Maxwell.

The proposal is consistent with the principles outlined by the HOPE SF Task Force, which state that the money go to rebuild developments that commit to: One-for-one replacement of all public housing units, phased development to minimize relocation, high levels of resident participation and support for the rebuilding efforts, and environmentally sustainable building practices and accessibility.

Mayor Newsom and Supervisor Maxwell also announced a partnership agreement between the San Francisco Housing Authority (SFHA) and the City for "Safe and Decent Public Housing."

The agreement formally recognizes the mutual accountability between City Departments and the SFHA on key issues such as public safety, healthy housing standards, human services, assistance in replacing obsolete housing (HOPE SF), and increased technology investment.

In March, Supervisor Maxwell and Mayor Newsom cosponsored a Task Force – consisting of a broad representation of public housing residents, City Commissioners, community activists, and the business and labor community - to deliver recommendations on how to improve public housing in San Francisco.

The Task Force called for a significant investment in the HOPE SF program, in response to cuts by the federal government for the HOPE VI housing program and public housing in general.

New Measures Against Family Violence

Mayor Gavin Newsom, Supervisor Sophie Maxwell, and District Attorney Kamala Harris joined forces June 12 to address an epidemic that has been on the increase in San Francisco, namely family violence.

The Mayor and Supervisor Maxwell introduced legislation revitalizing San Francisco's Family Violence Council, a body that will advise the Board of Supervisors, the Mayor, and the Courts, and coordinate prevention efforts and services for survivors of child abuse, domestic violence, and elder abuse.

Mayor Newsom has made both personal and public commitments to ending violence in San Francisco, recently becoming a "Founding Father" in the Family Violence Prevention Fund's national campaign on family violence awareness. "The Family Violence Council is an important component of my policy initiatives in this area. As a Founding Father, I pledged to honor women and condemn any and all violence against them. The work of the Council takes this pledge a step further by condemning all forms of family violence throughout the lifespan. Collaboration between criminal justice agencies and community providers is a critical step in closing the gaps that leave victims unsafe."

Supervisor Maxwell agreed to cosponsor the Family Violence Council legislation with the Mayor, stating, "Violence in our communities, and in our families, is a high priority, not only among my constituents, but for all San Franciscans."

District Attorney Harris has been a leader in family violence prevention efforts for years. In 2004, she launched the city's first Child Assault Unit for specialized prosecution of child assault and, in 2005, established The SKY (Support for Kids and Youth) Program in 2005 for child witnesses or victims of family violence. DA Harris has brought increased focus to prosecution of elder abuse and domestic violence cases, has increased outreach to combat underreporting in underserved communities, and has assigned a victim services advocate to specifically help victims of elder abuse.

"Family violence is a vicious cycle that often continues from generation to generation, and we've got to do everything we can to break it," said Harris. "My staff has been integrally involved in the 18-month planning process for the Family Violence Council, as well as with the Safety and Accountability Audit, and I look forward to contributing as a member of the Council."

With only 72 domestic violence shelter beds and 2 elder abuse shelter beds in San Francisco, there are few options for women, children, and elders attempting to leave violent homes. For every woman that receives shelter, 5 are turned away. According to Beverly Upton, Director of the Domestic Violence Consortium, "The Family Violence Council is a powerful tool to help San Francisco improve coordination and increase the options available to survivors of abuse. It will also support the criminal justice system's efforts to hold batterers accountable for their crimes."

County Family Violence Councils, created through a State Attorney General recommendation, typically address only domestic violence. In San Francisco, a multi-agency team has worked for the past 18 months to redesign and broaden the scope of the Family Violence Council to include children, elders, and other vulnerable populations.

Kathy Baxter, Director of the San Francisco Child Abuse Prevention Council, and a member of this team, is pleased with the result. "The San Francisco Family Violence Council is not like any other Council in the State. It is new and different, and could become a statewide model, by addressing the issue of violence throughout the lifespan."

Mary Twomey of the Institute on Aging commented, "For every hour you are at work, there is a call to Adult Protective Services about an elder or dependent adult being abused. These are some of our most vulnerable residents, and the Family Violence Council will ensure we are protecting them adequately."

A unique and vital aspect of San Francisco's Family Violence Council is its inclusion of representatives from all aspects of the family violence prevention community. Antonio Ramirez of POCOVI, a non-profit that work with batterers, said, "Batterer intervention programs have not been included in many of the dialogues about family violence. This is an important table to be seated at."

Commissioner Andrea Evans of the Commission on the Status of Women shepherded the revitalization process: "I invite all stakeholders to participate in the newly constituted Family Violence Council."

Grapevine Mailbox

Being American

In these contentious political times, it might be important to remember (or learn) that we, as Americans, have much more in common than we do otherwise. In today's post-9/11 world, we have come to realize how a fundamentalist religious group or rogue foreign government just might launch an attack that could kill hundreds of thousands — if not millions — of our people in the blink of an eye. One day, we may have to dig down deep to our roots, and remember who we are.

It took me a long time to figure out why my dad loved westerns. He loved watching them on television and reading the paperbacks, and always made a point of having one of the storybooks handy on the nightstand by his bed.

When I was 10, I had major surgery. It was a big deal for me, and very scary. I recall those days recovering with absolute clarity. One night, on the small, black and white hospital television, huddled around my large, metal bed, my father, grandfather and I watched an episode of some weekly western. It was at that very moment that I began to understand why my Dad loved these shows, and why I loved them as well.

I began to realize that I would soon be charting my own course in life through unknown territories. My father, I could see, was relieved to be resting after another day's battle; and my grandfather had already journeyed far from where he had begun so many years ago. All three of us, that night, could appreciate the company we kept … looking out, into a world we so desperately longed for.

The years went on. With our trusty station-wagon, and pop-up trailer in tow, each family vacation made us like modern-day settlers — foraying out into the unknown. There was an allure to it all. Our destination may have been Orlando, or Ocean City, but I always saw it as a dusty old town on the outskirts of nowhere. They weren't campgrounds; they were visions of what life could be for me, and what it must have been years ago.

Getting older, I saw that being an American is many things — a kid in a real-life western movie, an underdog, a family living a dream. Learning about the early Americans in school, I often imagined what it must have been like to have been them. In my mind, I saw the first settlers unloading their pots and pans, books, and guns on the beaches of the Atlantic; they were unwittingly starting a unique brand of nation. Peoples from every walk of life, every color, and every religion would press their toes into that sand. These were men and women less concerned with rank and stature than with the consuming desire to succeed; theirs was a rare form of success in the making—the kind achieved only through self awareness and inner pride. The kind that came with grit and circumstance … far away from home — a little scared, but determined to make it through the night.

If you looked at them upon the canvas of human history, Americans would appear more like water colors than oils. We've had neither the consistency, the time, nor the hubris to stand out like a blob of paint. We much prefer to absorb into the fabric of our environment, transforming it to our will. Our brush strokes have often been out of necessity — harsh and bold from battling the elements; but have also been delicate and daring out of passion and thrill. As our people moved over the mountains and vast plains, we founded a culture based less on what had been given to us than on what we had created. We mastered our land, and then tamed ourselves with law and God.

We Americans have been a unique bunch. We feverishly seek challenges to become smarter, faster, stronger, but not without reflection from where we have come. We love the culture of our parents and our ancestors, but we remember the reasons that pushed us, perhaps hesitantly, into boats and across thousands of miles of ocean. We cherish the portrait that we have painted with our blood and sweat, and we cannot go back to the homes that gave us berth. We're proud of our ingenuity, and we value our independence — our self-reliance.

Being an American is not about a description of a people, or even the recitation of history. An American is a person who puts his best character on in the morning like a favorite shirt, not because it is his favorite design but because it is designed from his favorite things — hope, faith, and a undying desire to do better than yesterday. His outfit says to the world 'I am here — what can we do today?'

As a teenager, we often traveled from Washington, D.C. to my grandparents' apartment in New York City. When we would arrive, grandma would always have food prepared from the old country, and grandpa would tell stories of his boxing days down at the 'Y'. Later on, after a good meal, they would sit my sister, my brother, and me down and ask us about school and how we were doing. They wanted to make sure that we were working hard and got good grades; that we aspired to things that they had hoped for in their lives but had no possible way of achieving. Theirs had been a life running from chaos and evil. Ours should be a life of possibility and dreams that come true.

By the time that mom and dad were ready to head back home, grandpa would already be comfortable in front of the television, watching some Hollywood rendition of the old west. In the end, there would be some big goodbyes, and then the hero riding off into the sunset as the credits started to roll. Grandpa, like dad, would get this satisfied look in his eyes and a content grin on his face. Sure, mistakes had been made during the journey, and we mourned those who didn't make it to the end of the show—but we were still on our horse. The cowboy had made it to begin yet another day, another journey, another dream. He was grandpa, and dad, and me. He was every person who had ever been scared, beaten down, and out of luck. He was every soul who had gotten out of his sick bed, looked towards the heavens, and found the strength to fight on. He had hope that he could make the world a better place. He was an American.

Adam Frederic Dorin, M.D.

The One Dollar Bill

Take out a one dollar bill, and look at it. The one dollar bill you're looking at first came off the presses in 1957 in its present design. This so-called paper money is in fact a cotton and linen blend, with red and blue minute silk fibers running through it. It is actually material. We've all washed it without! It falling apart. A special blend of ink is used, the contents we will never know. It is overprinted with symbols and then it is starched to make it water resistant and pressed to give it that nice crisp look. If you look on the front of the bill, you will see the United States Treasury Seal. On the top you will see the scales for a balanced budget. In the center you have a carpenter's square, a tool used for an even cut. Underneath is the Key to the United States Treasury. That's all pretty easy to figure out, but what is on the back of that dollar bill is something we should all know. If you turn the bill over, you will see two circles. Both circles, together, comprise the Great Seal of the United States. The First Continental Congress requested that Benjamin Franklin and a group of men come up with a Seal. It took them four years to accomplish this task and another two years to get it approved. If you look at the left-hand circle, you will see a Pyramid. Notice the face is lighted, and the western side is dark. This country was just beginning. We had not begun to explore the West or decided what we could do for Western Civilization. The Pyramid is uncapped, again signifying that we were not even close to being finished. Inside the capstone you have the all-seeing eye, an ancient symbol for divinity. It was Franklin's belief that one man couldn't do it alone, but a group of men, with the help of God, could do anything.

In God We Trust is on this currency. The Latin above the pyramid, Annuit Coeptis, means, "God has favored our undertaking." The Latin below the pyramid, Novus Ordo Seclurum means, "a new order has begun." At the base of the pyramid is the Roman Numeral for 1776. If you look at the right-hand circle, and check it carefully, you will learn that it is on every National Cemetery in the United States. It is also on the Parade of Flags Walkway at the Bushnell, Florida National Cemetery, and is the centerpiece of most hero's monuments. Slightly modified, it is the seal of the President of the United States, and it is always visible whenever he speaks, yet very few people know what the symbols mean.

The Bald Eagle was selected as a symbol for victory for two reasons: First, he is not afraid of a storm, he is strong, and he is smart enough to soar above it! Secondly, he wears no material crown. We had just broken from the King of England. Also, notice the shield is unsupported. This country can now stand on its own. At the top of that shield you have a white bar signifying congress, a unifying factor. We were coming together as one nation. In the Eagle's beak you will read, "E Plurihus Unum," meaning, "one nation from many people."

Above the Eagle, you have thirteen stars, representing the thirteen original colonies, and any clouds of misunderstanding rolling away. Again, we were coming together as one.

Notice what the Eagle holds in his talons. He holds an olive branch and arrows. This country wants peace, but we will never be afraid to fight to preserve peace. The Eagle always wants to face the olive branch, but in time of war, his gaze turns toward the arrows.

They say that the number 13 is an unlucky number. This is almost a worldwide belief. You will usually never see a room numbered 13, or any hotels or motels with a 13th floor. But think about this: 13 original colonies, 13 signers of the Declaration of Independence, 13 stripes on our flag, 13 steps on the Pyramid, 13 letters in the Latin above, 13 letters in "E Pluribus Unum", 13 stars above the Eagle, 13 bars on that shield, 13 leaves on the olive branch, 13 fruits, and if you look closely, 13 arrows. And, for minorities: the 13th Amendment.

I always ask people, "Why don't you know this?" Your children don't know this, and their history teachers don't know this. Too many veterans have given up too much to ever let the meaning fade. Many veterans remember coming home to an America that didn't care. Too many veterans never came home at all.

Control Rising Gas Prices

Soaring fuel prices have motorists scrambling to find ways to save money by using less gas. Sure, you can simply stop driving as much, but for many consumers, that's not an option. But you can fight skyrocketing gas prices by taking control of your vehicle's unnecessary fuel consumption.

Performing simple and inexpensive vehicle maintenance will not only save gas money, perhaps as much as $1200 per year, but will also improve a vehicle's safety and dependability.

The Car Care Council offers these gas-savings maintenance and driving tips:

*Check your vehicle gas cap. About 17 percent of the vehicles on the roads have gas caps that are either damaged, loose or are missing altogether, causing 147 million gallons of gas to vaporize every year.

*When tires aren't inflated properly, it's like driving with the parking brake on, and can cost a mile or two per gallon.

*A vehicle can have either four, six or eight spark plugs, which fire as many as three million times each 1,000 miles, resulting in a lot of heat, electrical and chemical erosion. A dirty spark plug causes misfiring, which wastes fuel. Spark plugs need to be replaced regularly.

*An air filter that is clogged with dirt, dust and bugs chokes off the air and creates a "rich" mixture – too much gas being burned for the amount of air, which wastes gas and causes the engine to lose power. Replacing a clogged air filter can improve gas mileage by as much as 10 percent.

*Keep your car properly tuned. A 21st Century tune-up can improve your gas mileage by an average of four percent. Fixing a serious maintenance problem, such as a faulty oxygen sensor, can improve your mileage by as much as 40 percent.

These simple vehicle maintenance steps can add up to serious savings. To learn more about how to maintain your vehicle and reduce your fuel expenses, visit www.carcare.org.

Rich White, Car Care Council

Auto Burglary and Theft

If you live in San Francisco and own a car, you or someone you know may have been the victim of an auto theft or auto burglary. The cost and associated inconvenience of auto theft and auto burglary are substantial.

The officers of the San Francisco Police Department are dedicated to the prevention of crime. However, if a theft occurs we work hard to arrest those responsible and recover your stolen property.

But we can't do it alone. With your help and a few simple precautions, together we can reduce the number of auto thefts and auto burglaries committed in San Francisco.

To prevent auto theft, always take all keys from your car. Studies have shown that 25 percent of vehicles stolen are taken with keys that have been left in the car by the owner.

Remember to take all keys, including valet keys, spare keys and hidden keys. No matter how well keys are hidden, an experienced thief will find them.

Garage your auto whenever possible. If you must park on the street, utilize a visible security device like The Club. In addition to deterring the theft of your car, a visible security device puts thieves on notice that you are vigilant about your vehicle's security and unlikely to leave valuable items in it.

An audible alarm will enhance your auto's security, and tracking devices like Lo-Jack, may assist law enforcement in recovering your car expeditiously in the event it is stolen.

Never leave your ownership title inside your auto. Keep a photocopy of your registration in your car and secure the original with your ownership title and other important papers in your home or safe deposit box.

In most cases auto burglary is a preventable crime. Simply put, a thief can not take what you do not leave in your car.

When your vehicle is parked and unattended, never leave anything in the visible passenger compartment or unlocked storage areas.

If you have a remote trunk release, switch it off or disable it if you intend to store valuables in the trunk.

If you must store valuable items such as laptops, iPods, cell phones, briefcases and purses in the locked trunk of your car, invest in a lockable container which can be secured to the interior of your trunk. Many security devices are available for purchase which protect valuables left in the trunk.

Always be aware of your surroundings, and of persons who may be watching you park your car. If you need to secure valuable items in the trunk of your car, do so prior to reaching you final destination. Criminals will wait for hours until they observe an unsuspecting victim park and place valuable items in their trunk.

Large gatherings are always an attractive lure for auto burglars. Everyone wants to be unencumbered by personal property when attending the ballet, opera, theater, sporting, and musical events. These events draw large numbers of spectators. Criminals know this and assume that autos parked near these events have property within them and their owners will not return during the duration of the event. Avoid parking in alleys and dark or poorly illuminated areas surrounding these events.

The theft of your auto or the property within it can be an upsetting and expensive experience. The loss of personal property, damage repairs to your auto, and possible increases in insurance premiums make auto theft and auto burglary the most expensive crimes nationwide. The good news is many auto thefts and most auto burglaries can be prevented.

By taking the initiative and securing your automobile, and your personal property, you can prevent auto theft and auto burglary before it happens.

Should you need further information about protecting your vehicle or the property within it, call an Inspector at the San Francisco Police Auto Theft Task Force. We are available to assist you, Monday through Friday, 9 a.m. to 4:30 p.m. Just call (415) 553-1261.

SFPD Auto Detail

Hong Kong Group Wants Fa Cai Ban

Dear Friends and Relatives:

One of the ingredients in the Monk Dish (also known as Buddhist Delight Vegetables) in Chinese cooking is black sea moss, a hairlike fungus called "fa cai" in Pinyin and "fat choy" in Cantonese.

Recently, the Department of Biochemistry at the Chinese University of Hong Kong reported that, an international research team found black sea moss to contain a toxic amino acid that could affect the normal function of nerve cells. Eating black sea moss could lead to degenerative diseases such as Alzheimer's, Parkinson's, and dementia. (Source: The Straits Times, Wednesday Jan. 31, 2007)

FYI, didn't find anything in Snopes on this but found the following on Google:

A group of Hong Kong researchers has called for a total ban on the sale of fa cai - a hair like sea moss that is widely consumed during Chinese New Year.

The team from the Chinese University's department of biochemistry said international research showed that the plant - known as Nostoc or black moss in English - not only has no nutritional value but has also been found to contain a toxic amino acid that could affect the normal functions of nerve cells.

Eating black moss could lead to degenerative diseases such as Alzheimer's, Parkinson's and dementia, Professor Chan King Ming of the team told the media on Monday, the Standard newspaper reported.

China banned all exports of black moss in 2000 after listing it as endangered species.

But Hong Kong has yet to ban the sale of black moss, keeping alive a demand that has encouraged cultivation of the plant in the mainland, Prof Chan said.

Black moss is widely eaten in Hong Kong during Chinese New Year, mainly because its Chinese name, fa cai - is homonymous with "prosperity" in Cantonese and Mandarin.

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Editor: Len Appiano
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Joe Leland around the neighborhood

***Sharing of Local Neighborhood Histories:** Join neighborhood historians and archivists as they share short films, stories and images of three vibrant San Francisco communities -- Bernal Heights, Potrero Hill and Visitacion Valley -- at 2:30 p.m. on Saturday, June 30 at the Potrero Hill Neighborhood House, 953 DeHaro (at Southern Heights between Rhode Island and Carolina). The event will end with an open discussion and exchange of ideas on historical projects and resources in each of the neighborhoods. Light refreshments and intriguing insights.

***Leland Avenue Street Fair 2007:** Mark your calendars! In just two short months, the second annual Leland Avenue Street Fair will be here on Sunday, September 9th. Once again, Leland Avenue will be closed to traffic for a day of music, fun, and food. Last year's event was an overwhelming success. Don't miss what promises to be Visitacion Valley's biggest (and fun-est) event of the year!

***New Parking Restrictions/Changes:** The Department of Public Works is prosing minor changes to street sweeping in the Valley, including: Bayshore Boulevard between Hester Avenue and Hester (east side) post Thursday 7 to 8 a.m.; Visitacion Avenue between Bayshore and East End (both sides) post Thursday 7 to 8 a.m.; and to revoke parking restrictions on Visitacion Avenue between Bayshore and the East End (north side) post Tuesday 7 to 8 a.m. A hearing will be held to discuss these changes at 9 a.m. on Wednesday, July 18 at City Hall - Hearing Room 400. For further information, contact Harry Hetzer at (415) 695-2028.

***Little Hollywood Neighborhood Garage Sale:** A neighborhood garage sale will take place in Little Hollywood (Blanken Avenue off Bayshore) on Saturday July 14th from 9 a.m. to 2 p.m. Look for arrows to the several homes having garage sales. Neighbors can participate for advertising by contact Edie Epps 467-0236. Collectibles; electronics; furniture; books; jewelry and more ... come check it out!

***Vis Valley Bicycle Club Forming:** Are you interested in joining a bike group? Do you have a favorite Bike Route that you would like to share?? Do you like to get up early on Sunday morning??? We will ride around the neighborhood and further out in the Bay Area. Length and difficulty of rides will be decided based on abilities of group. Children and families are welcome. Next ride is scheduled for early July. For more info, call Molly at (415) 330-8554 or Edie at aheins@sbcglobal.net

City Getting Back to Basics with 2007-2008 City Budget

by Mayor Gavin Newsom

San Francisco has much to be proud of. In the last three years, we've gone from big budget deficits to the highest budget reserve in history. I am proud to report that unemployment is down 38.6 percent and over 6,300 new jobs were created last year. I am encouraged by the prospects of even greater gains for this year with over 60 companies, many of them biotech, having located in – or relocated back to – San Francisco.

I am particularly proud that soon, for the first time in history, the basic human right of health care will be enjoyed by everyone in our city. Over the next year, we will implement the historic Healthy San Francisco plan, guaranteeing that all 82,000 San Franciscans currently without health insurance will have comprehensive, high-quality health care.

Although we have much to be proud of, I am well aware that we have work to do in a few basic areas.

This year's budget, my fourth balanced budget since I took office, gets back to the basics. In March, the city launched 311, a customer service line that connects you with a live person 24 hours a day, seven days a week. This hotline, along with policy discussions I have conducted in the neighborhoods, provided critical information about residents' needs and concerns. I have overwhelmingly heard local residents asking City Hall to focus on the basics: Streets, Public Safety, Muni, and Homelessness. My budget is a reflection of these concerns.

Streets

This budget invests $5.4 million more for street repaving over last year, for a total of $36.4 million. This investment, for the first time, meets the city's repaving needs.

Public Safety

This budget improves public safety by adding 250 new police officers, augmenting the 354 new officers that have been added since 2004, and moving toward a goal of 750 officers by 2009. The budget also includes 12 new park patrol officers in Golden Gate Park.

Muni

This budget will fill 135 Muni operator positions and add 18 street managers. The Muni fleet will be improved with 86 new hybrid buses, and a $2.5 million upgrade will be made to the light rail vehicle fleet. The budget invests $10 million in customer service improvements such as NextMuni, enabling commuters to get information on arrival times via the Internet, cell phone and bus shelter signs.

Homelessness

This budget doubles the number of Homeless Outreach Team members and invests $700,000 to create a Community Justice Center. The Center will address low-level offenses like panhandling, littering, and graffiti, and provide an array of services to rehabilitate offenders.

Investing in Our Future

The 2007-2008 budget makes careful, balanced choices to invest in our city's basic needs and infrastructure while supporting our residents with critical services and housing. We have managed to balance the budget, even as we grow the city's Rainy-day economic stabilization fund – reserves for the next revenue downturn – to over $117 million, the highest level in history.

We have continued our historic investment in the city's capital and infrastructure – over $69 million this year to rebuild the Hall of Justice, continuing to plan for the S.F. General Hospital rebuild, and address the American with Disabilities Act Transition Plan – in addition to fixing broken sidewalks and streets. Many of these infrastructure needs have been deferred for too long, which is why we created the city's 10-Year Capital Plan. This is the second year of the plan, which over ten years proposes to fund $17.4 billion in capital improvement and annual renewal needs citywide.

Finally, to ensure the next generation of San Franciscans is not denied future services because of our $5 billion retiree health care liability, we will begin paying off our debt for the first time this year. We have created a special set-aside fund and have deposited a nominal amount into it to get this started – a modest step that foreshadows a more significant ballot measure next year.

I am proud to have submitted a balanced budget that paves our streets, strengthens public safety, improves Muni service, and combats homelessness. We've invested wisely in our city's infrastructure while supporting our neediest residents with critical services and housing.

You can find out more about my budget by visiting our city website: http://www.sfgov.org/mayor. Here, you can find information about our budgetary priorities and by exploring our city's first 'e-budget', discover budgetary details never before available on the internet. You can also view a video of my presentation of our budget to city leaders.

Sunscreen Guidelines for Protect Your Skin

Protecting your skin may be easier with some guidelines from dermatologist Dr. Craig Eichler:

*Pre-apply sunscreen at least 20 minutes before sun exposure so it has time to absorb.

*Reapply every 80 minutes and after swimming or sweating.

*If you wear insect repellent or makeup, apply sunscreen first.

*Be generous. It takes at least one ounce of sunscreen to cover the arms, legs, neck and face.

*Choose products with an effective, broad-spectrum sun-blocking ingredient such as Parsol 1789 and a minimum of SPF 15.

*Check expiration dates. Exposure to extreme temperatures can shorten sunscreen's life.

*If cream sunscreens feel too heavy, try a gel or spray, such as PreSun Gel, which has a light feel, or new PreSun Spray.

*A wet T-shirt only provides SPF 4 protection, so apply sunscreen under clothes. For more information, visit www.presun.com. NAPS

Day of Celebration Marks Milestone In S.F. For Communities of Opportunity

Mayor Gavin Newsom on June 14 joined residents in Bayview Hunters Point and Visitacion Valley for the Communities of Opportunity (COO) Celebration Day. Today's event marked an important milestone for COO.

More than 500 residents who signed membership interest forms received their official membership cards and membership details at each of the sites participating in the program.

COO is a radical new approach to breaking the cycle of poverty and connecting struggling San Francisco communities to real opportunities through smart government, strong communities and serious collaboration.

Mayor Newsom, echoing his remarks from last October's State of the City noted, "Communities of Opportunity is anchored in three bedrock principles; empowering residents to be owners in the processes and decisions that affect their community; integrating services and being accountable for results; and connecting the city's social services network to our economic development network to ensure real opportunities exist for all. By becoming COO members these residents have joined us in advancing these principles toward our shared goal of changing the ineffective and outdated top-down service-delivery system."

In addition to enrolling members, the event celebrated the selection of new service providers for each neighborhood. COO Action Teams at each site worked with the City to decide which local Neighborhood Based Organizations (NBOs) - responsible for delivering needed services including youth, employment, health, safety, environment and social capital building - will receive funding to deliver programs in their community. The teams will also track the outcomes of those services, and establish accountability criteria.

Dwayne Jones, COO Director, called the Action Teams "the eyes and ears of the community," and said "they will keep track of the promises and progress the city and our nonprofit partners make and also hold us accountable for results.

Action Team members will also demand equal engagement and participation from their friends and neighbors – something that is essential if we are to end the cycle of poverty and violence."

Jones also commended the NBOs who completed a four-day training program to be eligible to provide COO services. "The city has long relied on non-profit organizations to provide the critical services in the community that it cannot. However, our investment in the capacity of those organizations has been uneven at best. If we wish to see different results in our communities we need to invest differently in the organizations that serve those communities. The NBO training program is the first step in that process."

In all, 12 NBOs were selected to provide the first wave of COO services beginning this summer and fall.

IRS Warns Taxpayers of Dangerous New Internet Scams

The Internal Revenue Service recently alerted taxpayers to the latest versions of an e-mail scam intended to fool people into believing they are under investigation by the agency's Criminal Investigation division.

The e-mail purporting to be from IRS Criminal Investigation falsely states that the person is under a criminal probe for submitting a false tax return to the California Franchise Tax Board. The e-mail seeks to entice people to click on a link or open an attachment to learn more information about the complaint against them. The IRS warned people that the e-mail link and attachment is a Trojan Horse that can take over the person's computer hard drive and allow someone to have remote access to the computer.

The IRS urged people not to click the link in the e-mail or open the attachment.

Similar e-mail variations suggest a customer has filed a complaint against a company and the IRS can act as an arbitrator. The latest versions appear aimed at business taxpayers as well as individual taxpayers.

The IRS does not send out unsolicited e-mails or ask for detailed personal and financial information. Additionally, the IRS never asks people for the PIN numbers, passwords or similar secret access information for their credit card, bank or other financial accounts.

"Everyone should beware of these scam artists," said Kevin M. Brown, Acting IRS Commissioner. "Always exercise caution when you receive unsolicited e-mails or e-mails from senders you don't know."

Recipients of questionable e-mails claiming to come from the IRS should not open any attachments or click on any links contained in the e-mails. Instead, they should forward the e-mails to phishing@irs.gov (follow the instructions).

The IRS also sees other e-mail scams that involve tricking victims into revealing private personal and financial information over the Internet, a practice that is known as "phishing" for information.

The IRS and the Treasury Inspector General for Tax Administration work with the U.S. Computer Emergency Readiness Team (US-CERT) and various Internet service providers and international CERT teams to have the phishing sites taken offline as soon as they are reported.

Since the establishment of the mail box last year, the IRS has received more than 17,700 e-mails from taxpayers reporting more than 240 separate phishing incidents. To date, investigations by TIGTA have identified host sites in at least 27 different countries, as well as in the United States.

Other fraudulent e-mail scams try to entice taxpayers to click their way to a fake IRS Web site and ask for bank account numbers. Another widespread e-mail tells taxpayers the IRS is holding a refund (often $63.80) for them and seeks financial account information. Still another email claims the IRS's 'anti-fraud commission' is investigating their tax returns.

Favorable Job Market is Expected for San Francisco

San Francisco area employers expect to hire at a steady pace during the third quarter of 2007, according to the Manpower Employment Outlook Survey.

From July to September, 20 percent of the companies interviewed plan to hire more employees, while 5 percent expect to reduce their payrolls, according to Manpower spokesperson Thomas Baity. Another 59 percent expect to maintain their current staff levels and 16 percent are not certain of their hiring plans.

"San Francisco area employers have similar hiring intentions to the second quarter when 17 percent of the companies interviewed intended to hire additional employees, and 2 percent planned to reduce staff levels," said Baity. "Employers are less confident about hiring than they were a year ago when 34 percent of companies surveyed planned to add staff and 5 percent anticipated a reduction in payrolls."

For the coming quarter, job prospects appear best in Durable and Non-Durable Goods Manufacturing, Finance/Insurance/Real Estate and Services. Employers in Transportation/Public Utilities and Wholesale/Retail Trade voice mixed hiring intentions, while hiring in Construction, Education and Public Administration is expected to remain unchanged. In the United States, the third quarter hiring pace is expected to remain unchanged from the April – June period, according to the seasonally adjusted survey results. This stability comes after three consecutive quarters of slight declines in employer confidence levels.

Among the 14,000 U.S. employers surveyed, 29 percent foresee an increase in hiring activity, and 7 percent expect a decline in staff levels during Quarter 3 2007. Fifty-eight percent anticipate no change in the hiring pace, while 6 percent are undecided about their July – September hiring plans.

FREE CERAMICS CLASS

For everyone 18 and older at Visitacion Valley Community Center, 66 Raymond Avenue

Tuesdays from 9 a.m. to 4 p.m.

Very therapeutic and fun. You do not need to stay the entire day...come for as long as you like. We have a wonderful teacher to assist you.

For more information, call the VCC Senior Program: (415) 467-4499

Household Tips To Help You Save

As gas prices hit record highs, and impending summer vacations drain our wallets, many consumers are searching for new ways to save. If you're one of the many looking for extra cash, you may not need to look further than your own home, says Mike Sullivan, director of education for Take Charge America, a national non-profit credit counseling agency.

"There's a tremendous opportunity to save money in nearly every room of your home," said Sullivan. "By making several small changes, we can save sizable amounts of cash that can be used more effectively, like paying off debt or saving for retirement."

According to the U.S. Department of Energy, Americans spend more than $160 billion a year to heat, cool, light and live in their homes.

Sullivan offers seven household tips to help you cut your bills and save:

*Laundry – Wash your clothes in cold water, and wait until you have a full load before running the washing machine. This will help you save money on energy and water. You can also hang dry your clothes, as opposed to using a dryer, to save even more.

*Lighting – Use compact, fluorescent light bulbs in all lamps, which use less energy and last six to 10 times longer than standard incandescent light bulbs. And don't forget to turn off the lights when you leave the room.

*Electronics – Did you know many electronics use energy (and money), even when they're turned off? For instance, your cell phone charger still uses electricity even if the cell phone is not plugged into it. Remembering to unplug items like the charger, DVD player, printer or fax machine that aren't used on an ongoing basis can help cut your bills too. You should also completely turn off your computer when you aren't using it, rather than allowing it to "sleep" or "hibernate."

*Cable – If possible, bundle your cable bill with your phone and/or Internet bills. This can amount to monthly savings. In addition, movie channels are not necessities. Cut them if you can.

*Kitchen – According to the U.S. Department of Energy, appliances account for as much as 20 percent of your energy bill. Newer, more energy-efficient models save energy and water. When possible, use a microwave or toaster oven to reheat small portions of food rather than an oven. When washing dishes, avoid pre-rinsing if you are using a dishwasher, and only run your dishwasher with a full load.

*Bathroom – Bathing is the primary use of hot water in most households. You can save water and energy by taking short showers instead of baths. Plus, low-flow, aerating showers and faucet heads significantly reduces the amount of water usage.

*Cooling/Heating – Install a programmable thermostat that automatically adjusts your home's temperature settings when you're away or sleeping. According to the U.S. Department of Energy, a programmable thermostat with its four temperature settings can save up to $150 a year in energy costs. If you are leaving home for an extended period of time, turn the thermostat off or adjust the setting to conserve energy while you're away.

Founded in 1987, Take Charge America, Inc. is a non-profit organization headquartered in Phoenix, Ariz. TCA offers a variety of services including financial education, credit counseling, and debt management. To learn more about TCA or its programs please call 1-800-823-7396 or visit www.takechargeamerica.org.

Pledge to Cut City Litter by 50 Percent

From Page 1

The city will also undertake immediate action to reduce litter by looking into changing the business license renewal process to require that each business, when renewing its business license, show proof that it has refuse collection services. Additionally, the City will be launching Don't Litter educational campaigns with Muni and supporting existing programs with the School District.

In the past year, San Francisco enacted legislation banning foamed polystyrene foodservice containers in favor of compostable or recyclable containers, and banned non-compostable plastic checkout bags at supermarkets and drugstores. These initiatives will reduce litter, and are significant in that they hold the entities that produce the waste stream responsible for cleaning it up.

In June, the Department of Public Works hosted a series of neighborhood Eco-Blitzes where residents could get a free voucher for the Sunset Scavenger/Golden Gate Dump, sign up for the City's *Adopt-A-Street* and *Graffiti Watch* programs, and learn about other city resources available for neighborhood cleaning and greening. At the same time, Public Works crews blitzied the area with cleaning resources and education materials.

"The Department of Public Works is working hard to educate San Franciscans that a clean city is everybody's responsibility," said Fred V. Abadi, Director of Public Works. "We can prevent litter and do a better job of picking it up right away. Spring Clean events provide the necessary education and resources, so the residents can help us in this fight."

Increase in City Funding for Street Repair

Mayor Gavin Newsom recently announced that City funding for street paving and repair was increased by $5.4 million from last fiscal year. The increase brings the total investment to maintain San Francisco's streets to $36.4 million, which first the first time sufficiently meets the city's annual paving need.

A record breaking 2005-06 rainy winter and spring season has been a factor in the increase of potholes throughout the city. In March 2006, it rained 25 of 31 days of the month, breaking a 102-year-old record.

However, potholes indicate a larger problem of poorly maintained roads. City streets face a backlog of paving demand due to a historically underfunded street paving program. During the past several years, the City has spent less than $20 million annually.

"Pothole repair is a temporary, band-aid approach to a problem that the City is addressing with a permanent solution," said Mayor Newsom. "I am committed to keeping San Francisco's streets pothole free, and for the first time in over 15 years, if not ever, we are finally funding our repaving efforts at the level needed to keep our streets structurally sound."

In 2005-06, DPW allocated $22.4 million on street paving and repair, increasing the amount to $31 million in 2006-07, and $36.4 million for the coming fiscal year.

DPW is also engaging in new efforts to generally improve street maintenance. To improve its response, DPW is utilizing a new computer tracking system for repairs. DPW will prioritize its pothole repair routes based on street pavement scores and data that includes traffic volumes and the presence of bike lanes and bus routes. The new data collection system will allow DPW to identify repeat locations and identify trends.

DPW has also released a plan for doing the pothole work citywide systematically, moving from neighborhood to neighborhood and prioritizing which roads need the most work.

Residents can call 311 to report any potholes or streets that need maintenance.

A Few Savvy Strategies for Surviving a Fender Bender

Washington, DC – The Council of Better Business Bureaus says that just as consumers must be vigilant about checking out credentials when choosing contractors to do needed repairs on their homes, consumers should be just as prudent after an accident in checking out which collision repair center is the most qualified to fix one of their most expensive possessions.

And there is a lot of demand. According to the U.S. Department of Transportation's most recent statistics, there were nearly 6 million reported non-fatal motor vehicle traffic crashes in 2005. Most of these vehicles likely ended up at a collision center, where the average repair bill was $2,200 to $2,300 and where 80 to 92 percent of the work involved auto insurance claims.

Steve Cox, Vice President of The Council of Better Business Bureaus (CBBB) says, "Although an insurance company may make some recommendations, drivers have a choice when selecting an auto body repair shop. Choosing a trustworthy shop is very important for ensuring the best possible results."

The National Auto Body Council (NABC), a not-for-profit organization representing all segments of the collision repair industry, agrees. "Despite many stereotypes about auto collision repair shops, the reality is that the industry has a high degree of professionalism and integrity," said Chuck Sulkala, Executive Director the NABC and a second generation owner of an auto body repair business in Boston.

"One of the things that is least understood by motorists is that when a damaged car is brought in for repairs, the repair contract generally is only between the vehicle owner and the repair shop, not the auto insurance company," said Sulkala. "It's usually the owner's responsibility to choose a trustworthy, quality oriented shop that will repair his or her car safely and protect its resale value."

Choosing a shop can be confusing. So the CBBB and the NABC have teamed up to help consumers better manage the collision repair experience with tips on choosing a trustworthy shop, saving money on a replacement rental car and knowing how to settle any disputes. More information on *Wiser Drivers Wise Up* is available at www.wiserdrivers.com.

Choose a Trustworthy Shop

Compare collision centers before you need one. In addition to asking friends and relatives for recommendations on shops that have performed quality work for them in the past, check the shop's qualifications by asking about advanced technician training from a national organization such as the Inter-Industry Conference on Auto Collision Repair (I-CAR) or National Institute for Automotive Service Excellence (ASE) certification.

Verify commitment to ongoing training and customer satisfaction. One way is to look for decals or plaques indicating the shop's current membership status in industry associations, local business groups and consumer agencies such as the Alliance of Automotive Service Professionals (AASP), Automotive Service Association (ASA), Society of Collision Repair Specialists (SCRS), National Auto Body Council (NABC), and the Better Business Bureau. Verifying information on the BBB Web site at www.bbb.org will indicate whether the shop maintains a good reputation.

Arrange a Replacement Rental Car

Ask shop to pre-arrange rental car. Since the average car is in the repair shop for two weeks, ask if the shop can make recommendations for a rental car company and if they can make arrangements for a replacement rental car to be ready when you drop off your car.

Save on cost of replacement rental car. If your auto insurance policy includes replacement rental car coverage, which usually is only a couple dollars a month, you may get a rental car for little or no money. Keep in mind that one full-year of replacement rental car coverage may be less than the cost of a one-day rental car if you have to pay out of pocket. See an insurance professional for details.

Get Everything in Writing Upfront

Review price estimates for work and parts. Get a written repair and price estimate of the work to be performed, as well as an explanation of why specific recommendations are necessary to correct the collision damage before the job begins. Also obtain an itemized list for all parts and services, with prices, identifying any used or re-manufactured parts.

Ask about a warranty. Professional, reputable repair shops will stand behind their repair work by offering a warranty. Usually this warranty is for a specific time – from 30 days to lifetime – and covers the labor, materials used and installation. The actual parts will be covered by the manufacturer's warranty.

Don't shop for price alone. The lowest estimate could indicate that the shop's estimator has improperly assessed the vehicle's damage or that the shop specializes in "quickie" repair jobs and poor quality. If you get a quote that is significantly different from another shop, ask the estimator to explain why the quote is so different before you make a decision about where to have the car repaired.

Think about satisfaction after repair. Inquire in advance about the auto body repair shop's policy in the event you are dissatisfied with the repair. Will they fix it at no additional charge and how long will the extra repairs take? Once the repair is completed, tell the technician or business owner before leaving the repair shop if you notice any problems with the body work of your automobile. It is best to bring up any concerns immediately in order to confirm a problem is a result of incorrect repair work. If you do happen to notice a problem after you get the car home, call the repair shop immediately and let them know that you will be returning your automobile for additional repairs.

The collision repair business is a $38.2 billion industry, with paint and body repair shops accounting for more than half of the collision repair market at $20.8 billion, according to the 2006 Collision Repair Trends: Industry Statistics & Analysis, published by the Automotive Aftermarket Industry Association (AAIA).

CITY COLLEGE OF SAN FRANCISCO

FALL SEMESTER BEGINS AUGUST 15TH

Evans Campus located at 1400 Evans Avenue

Noncredit courses are free.

SAMPLING OF FALL 2007 CREDIT COURSES

CRN #	Course Title	Days/Times	Room#
[illegible]	Auto Electrical	[illegible]	[illegible]
[illegible]	Auto/Manual Transmission	[illegible]	[illegible]
[illegible]	Body Repair/Refinish	[illegible]	[illegible]
[illegible]	Custom Metal Fabrication	[illegible]	[illegible]
[illegible]	Engine Performance	[illegible]	[illegible]
[illegible]	Engine Repair	[illegible]	[illegible]
[illegible]	Frame/Wheels/Brakes	[illegible]	[illegible]
[illegible]	Into Auto Mechanics	[illegible]	[illegible]
[illegible]	Intro Motorcycle Maint	[illegible]	[illegible]
[illegible]	Power Transmission Sys	[illegible]	[illegible]

SAMPLING OF FALL 2007 NONCREDIT COURSES

CRN #	Course Title	Days/Times	Room#
[illegible]	Blueprint Reading	[illegible]	[illegible]
[illegible]	Carpentry Framing Rough	[illegible]	[illegible]
[illegible]	Contractor Licensing	[illegible]	[illegible]
[illegible]	Electrical Applications	[illegible]	[illegible]
[illegible]	Electrical Code	[illegible]	[illegible]
[illegible]	ESL for Construction	[illegible]	[illegible]
[illegible]	ESL for Janitors	[illegible]	[illegible]
[illegible]	Exterior/Interior Finishes	[illegible]	[illegible]
[illegible]	Plumbing Applications	[illegible]	[illegible]

SAMPLING OF FALL 2007 SHORT TERM NONCREDIT COURSES

CRN #	Course Title	Days/Times	From/To	Room#
[illegible]	Intro Construction Trades	[illegible]	[illegible]	[illegible]
[illegible]	Intro Construction Trades	[illegible]	[illegible]	[illegible]

For more information call 415.550.4440 or visit www.ccsf.edu

EarthTalk

Old Cell Phones

Dear EarthTalk: What happens to my old cell phone after I upgrade? Do the stores really recycle them or give them to the poor, or are they just ending up in landfills? Where can I take mine to ensure that it is dealt with properly? -Paul G., Reno NV

As cellphones proliferate they are giving computers and monitors some competition for the dubious distinction as the largest contributor to the world's growing e-waste problem. Indeed, toxin-laden electronics are clogging landfills and polluting air and groundwater supplies from coast to coast.

The average North American gets a new cellphone every 18 to 24 months, making old phones—many which contain hazardous materials like lead, mercury, cadmium, brominated flame retardants and arsenic—the fastest growing type of manufactured garbage in the nation. According to the U.S. Environmental Protection Agency (EPA), Americans discard 125 million phones each year, creating 65,000 tons of waste.

Luckily, a new breed of electronics recyclers is stepping in to help. Call2Recycle, a nonprofit organization, offers consumers and retailers in the U.S. and Canada simple ways to recycle old phones. Consumers can enter their zipcode on the group's website and be directed to a drop box in their area. Most major electronics retailers, from Radio Shack to Office Depot, participate in the program and offer *Call2Recycle* drop-boxes in their stores. Call2Recycle recovers the phones and sells them back to manufacturers which either refurbish and resell them or recycle their parts for use in making new products.

The CollectiveGood organization takes used cellphones, refurbishes them and then re-sells them to distributors and carriers for use primarily in developing countries, providing affordable communications to poorer citizens while helping to "bridge the digital divide." They also recycle all non-functioning batteries through a partnership with the Rechargeable Battery Recycling Corporation. When you donate your phone to CollectiveGood you can direct the profits from the sales to a charity of your choice.

Another player is ReCellular, which manages the in-store collection programs for Bell Mobility, Sprint PCS, T-Mobile, Best Buy and Verizon. The company also maintains partnerships with Easter Seals, the March of Dimes, Goodwill Industries and other non-profits that undertake cell-phone collection drives as a way of funding their charitable work. According to ReCellular vice-president Mike Newman, the company is trying to change attitudes about used cellphones, to get consumers to "automatically think of recycling cellphones just like they currently do with paper, plastic or glass.

Neither the U.S. or Canada mandates electronics recycling of any kind at the federal level, but a few states and provinces are getting into the act at their own initiative. California recently passed the first cellphone recycling law in North America. As of July 1, 2006, electronics retailers doing business there must have a cellphone recycling system in place in order to legally sell their products, whether online or in-store. Other U.S. states considering similar legislation include Illinois, Mississippi, New Jersey, New York, Vermont and Virginia, while the Canadian provinces of British Columbia, Alberta, Saskatchewan and New Brunswick are likely to jump on the mandatory cell phone recycling bandwagon soon.

Contacts: Call2Recycle; CollectiveGood; ReCellular

Dear EarthTalk: Are there non-toxic substitutes for Scotchgard? I just re-covered an antique chair and I want to protect the fabric from spills and dog paws. -Don Cummings, Los Angeles, CA

Scotchgard was created by accident in a 3M laboratory a half-century ago after an experimental chemical formula spilled onto a technician's sneaker. Remarkably, it kept the spot clean despite the rest of the canvas fabric collecting dirt over time. Scotchgard went on to become famous for its almost-magical ability to protect clothes, carpets and furniture from water, dirt and stains. 3M later created variations for use in food containers, denture cleaners, floor polishes, firefighting foams and many other products.

But in May 2000, 3M started phasing out production, citing evidence that the key ingredient of the product, perfluorooctane sulfonate (PFOS), was becoming ubiquitous in the environment as well as in the bloodstreams of humans and wildlife. Some environmentalists say that 3M was being no model citizen in doing so. According to the Environmental Working Group, "The more than 1,000 documents in [the U.S. Environmental Protection Agency's (EPA)'s] Administrative Record on Scotchgard—some 29,000 pages of material—show clearly that 3M knew its products were in the blood of the general population as early as 1976 and had detected PFOS in their own plant workers as early as 1979." 3M waited more than 20 years, they say, under threats from the EPA, to remove the chemical from the marketplace.

PFOS is a "fluorocarbon" similar to the chemicals banned by the Montreal Protocol for depleting Earth's ozone layer. It builds up in the environment, eventually "bioaccumulating" in the food chain whereby people and animals retain larger and larger amounts in their blood and tissue over time. PFOS combines "persistence, bioaccumulation and toxicity properties to an extraordinary degree," says the EPA.

3M has since developed a new Scotchgard formulation free of PFOS, using instead a related substance, perfluorobutane sulfonate (PFBS). 3M worked extensively with EPA scientists in developing the formula, and claims that PFBS does not share the toxicity or bioaccumulation tendencies of its PFOS cousin. PFBS is still too new for researchers to know whether or not these claims will be borne out over time, and the EPA is not releasing the results of the dozens of studies it conducted on PFBS in conjunction with 3M.

Unfortunately for those not willing to take the risk, few alternatives work as effectively at protecting fabrics. Vectra Spray, which is based on a chemical similar to PFBS, is one option. Its manufacturer, Georgia-based Vectra Enterprises, has solicited independent tests that determined the product to be non-toxic and safe. It can also be sprayed onto fabrics and other surfaces previously treated with the old version of Scotchgard, says Vectra, to lock the harmful PFOS in place so it can't get out into the environment.

But for those averse to using any synthetic chemical on their furniture, carpets and other valuables, the best solution might just be to choose a busy fabric pattern that can hide stains if they do happen, and to treat any such accidents with an all-natural spot cleaner such as Orange Sol, Castor and Pollux' Out Spot! or Ecover's Stain Remover. While these all-natural formulas won't protect fabric the way Scotchgard does, they do a good job of removing stains after the fact.

Contacts: Vectraspray, 3M; Orange-Sol; Castor & Pollux; Ecover

Got an environmental question? Send it to: EarthTalk, c/o E/The Environmental Magazine, P.O. Box 5098, Westport, CT 06881; submit your question at: www.emagazine.com/earthtalk.html; or e-mail: earthtalk@emagazine.com.

Buying, Storing and Preparing Produce

The Food and Drug Administration (FDA) would like to remind you that fruits and vegetables are an important part of a healthy diet. Like any other food, it is important to handle fresh produce safely to prevent illness. Use these tips:

Buying Tips

*When selecting fresh-cut produce, choose only those items that are refrigerated or surrounded by ice.

*Bag fresh fruits and vegetables separately from meat, poultry and seafood when packing them to take home.

Storage Tips

*Store certain perishable fresh fruits and vegetables (like strawberries, lettuce, herbs and mushrooms) in a clean refrigerator at a temperature of 40 degrees F. or below.

*All produce that is purchased precut or peeled should be refrigerated.

Preparation and Handling Tips

*Wash your hands for 20 seconds with warm water and soap before and after preparing fresh produce.

*Cut away any damaged or bruised areas on fresh fruits before preparing or eating. It if looks rotten, it should be discarded.

*All produce should be thoroughly washed before eating. Wash fruits and vegetables under running water just before eating, cutting or cooking.

*Even if you plan to peel the produce before eating it, it is still important to wash it first.

*Drying produce with a clean cloth towel or paper towel may further reduce bacteria that may be present.

*Many precut, bagged produce items such as lettuce are prewashed. If so, it will be stated on the packaging. This prewashed, bagged produce can be used without further washing.

For more information on handling fresh produce, visit the FDA Food Safety Web site at http://www.cfsan.fda.gov/~dms/prodsafe.html.

All produce should be thoroughly washed before eating. NAPS

Big Oil Reserves Stored in North America

Oil from sand. Sounds incredible, but it's true. Oil reserves of some 24 billion tons are stored in the oil sands of the Canadian province of Alberta. Beneath a surface of 140,000 square kilometers, there is theoretically as much oil as in Saudi Arabia.

Until recently, the extraction of the raw material (huge amounts of oil are held in oil sandstone) was too labor intensive and costly and therefore uneconomical. Thanks to modern production technologies and the development of the oil price in the world market, this has fundamentally changed.

The work in the largest oil sand fields goes on around the clock, seven days a week. Similar to coal mining, bucket-wheel and cable excavators remove the oil sandstone, a sticky mixture of bitumen, sand, water and clay. The tough bitumen then has to be separated from the sand; at the refinery, the black tar is eventually processed into oil distillates.

It's Far From Easy

Extracting oil sand is far from an easy job. The workers of Fort McMurray are on-site be it summer or winter. This means that they have to endure temperature differences of up to 70 degrees Celsius within one year. In summer, they often have 30 degrees Celsius and in winter up to minus 40 degrees.

In order to enable production without downtimes, the excavation and construction vehicles, as well as the handling and refinery plants, have to be fitted with robust, long-lasting and, above all, reliable components.

For this reason and also because of the required availability, Voith Turbo drives are used in Alberta. Voith Turbo contributes to the processing of oil sand in crushers and conveyor belts with outputs of up to 1,500 HP. In double-roll crushers, the tar sand carried by the dumpers is crushed and then transported on conveyor belts for further processing.

Huge Crushers and Voith Variable-Speed Couplings

The crushers are as high as an eight-story apartment house and need drives that allow them to start smoothly and accelerate to the required speed, even when fully loaded. This task is carried out by constant-fill Voith turbo couplings that also dampen torsional vibrations and protect components mechanically by limiting the transmittable maximum outputs.

After the initial crushing of the tar sand, the material is transported for several kilometers on belt conveyors operating with Voith coupling technology. In further processing stages, the bitumen is dissolved from the sand in hot steam and then transferred to the refinery via a pipeline.

Visit www.voithturbo.com for more information. NAPS

Cooking Corner

Vidalia Onion and Ricotta Stuffed Grilled Chicken

4 chicken breasts; 1 sliced and grilled Vidalia onion; 1 cup ricotta cheese; 4 tablespoons sharp cheddar cheese, grated; 3 tablespoons flour; 2 tablespoons fresh basil, minced; 1 large egg.

Preheat grill until it reaches 350° F. Cut the Vidalia onion into long thin slices and grill until tender and caramelized. Caramelizing the onion will bring out its sweet flavor even more.

In a medium-sized bowl, mix the caramelized Vidalia onion with ricotta cheese and grated, sharp cheddar cheese, flour, minced basil and egg.

Mix ingredients well and season with salt and pepper. Place the bowl in the refrigerator to chill the mixture.

Wash and pat the chicken breasts dry and cut a 2-inch horizontal slit in thickest part of each chicken breast.

Stuff an equal amount of the Vidalia onion and cheese mixture into each of the four chicken breasts. Season with salt and pepper.

Secure the chicken breasts with a toothpick. Place the stuffed chicken breasts in refrigerator until ready to grill.

Spray chicken with olive oil and place on grill and cover. Grill for approximately 5 minutes per side.

When chicken is pierced with a fork and juices run clear, it is done.

Recipe courtesy of Jon Ashton on behalf of the Vidalia Onion Committee. NAPS

Grapevine on the Web
Read current and past stories from the Visitacion Valley Grapevine at www.visvalleygrapevine.com .

Bright Ways to Save Energy in the Home

When it comes to saving energy in your home, lighting is an easy place to start, with many simple ways to save, according to Edison Electric Institute.

Here are a few bright ideas that may help you become more energy efficient:

*Dust lightbulbs and fixtures regularly.

*Provide task lighting over desks, tool benches and the like so you don't have to light the whole room.

*Put lamps in corners of rooms so the light will reflect off two walls.

*For lamps that are on more than two hours a day, use compact fluorescent bulbs-they use up to 66 percent less electricity than incandescent bulbs. A 23-watt compact fluorescent bulb can replace a 100-watt incandescent.

*Use dimmable incandescent bulbs wherever possible.

*Install photoelectric controls or timers to turn outdoor lighting off and on each day.

To learn more about how to save money and protect the environment, get energy active today at www.getenergyactive.org.

Compact fluorescent bulbs last about 10 times longer than incandescents. NAPS

Book Reviews

The Little Book of Big Medical Emergencies

Imagine walking into your living room and finding a family member lying motionless on the floor. Panic sets in, so you call 911. You feel for a pulse. They are alive but not responding. What would you do in such a difficult situation? You can wait for the paramedics and rescue squad to come rushing in; but what will you do in the moments before they arrive? Every second is critical in an emergency, and the more time you waste, the more risk you take.

The Little Book of Big Medical Emergencies ($12.95, Hatherleigh Press) by Dr. Stuart Fischer is a comprehensive, quick, and easy-to-use tool on how to handle life-threatening injuries and illnesses.

Each year more than 100 million patients are treated in emergency rooms in the United States. The *Little Book of Big Medical Emergencies* prepares you for the most common medical crises with simple, straightforward information you can use before rushing to the emergency room.

Written for easy use in even the most stressful conditions, The Little Book of Big Medical Emergencies cover life-saving information such as:

*How to tell if someone is having a stroke, heart attack, or epileptic episode.

*How to know if the victim should be moved, lifted, or turned.

*What to do until emergency help arrives.

The book also includes basic instructions on how to perform CPR, dislodge obstructions, make tourniquets, and how to create an effective emergency kit for your home and car. Time is of the essence in an emergency. Keep this book close-at-hand so that you know what to do in the event of a life-threatening illness or injury: in the glove compartment in your car, your medicine cabinet at home, on your desk at work. Emergencies can happen anywhere. This book could save your life.

Author Stuart Fischer, M.D., a graduate of Yale University, completed his residency in Internal Medicine at Maimonides Hospital in Brooklyn, NY, and served as an Attending Physician in the Emergency Room of Cabrini Medical Center in New York City. He also worked with the late Dr. Robert Atkins as the Associate Medical Director of the Atkins Center. His expertise in alternative medicine, nutrition, and weight loss, is complemented by his strong traditional, hospital-based education. He is now in private practice in New York City.

A Down Side of Diets

Anyone who's ever tried to lose weight recognizes the cycle: go on a diet, lose some weight, hit a plateau, feel stressed, return to old habits and gain back *even* more weight. It's called yo-yo dieting. While low-carb, high protein diets like the Atkins and South Beach diets have been popular for years, what most people don't realize is that the very diet they're counting on to help shed pounds is actually starving their brains; depleting their supply of the mood regulating neurotransmitter serotonin. The result is that many people can't stay on their diet and lose the weight. For others, the damage can range from loss of sex drive to food cravings and from insomnia to compulsive behavior.

Dr. Cheryle Hart, author of the new book, *The Feel Good Diet: The Weight-Loss Plan That Boosts Serotonin, Improves Your Mood, and Keeps the Pounds Off for Good*, (McGraw-Hill, $22.95) recognizes how critical neurotransmitters are—not just for successful weight loss, but for every aspect of life.

"Sixty-six percent of adult Americans are overweight and many of them truly want to lose the weight," says Dr. Hart. "But the dynamics are stacked against them because low-carb diets rob the brain of precious neurotransmitters. That's why it's so crucial for people to learn how to eat in a way that will boost those mood enhancers and help them lose weight."

A Mayo Clinic-trained gynecologist and weight-loss specialist, Dr. Hart recognized a pattern in her private practice—she started noticing that more and more women on these trendy high-protein diets were becoming depressed.

"You'd think they would be ecstatic with their weight loss," says Dr. Hart. "But I was seeing just the opposite. And it really impacted their marriages. One frustrated husband told me, 'My wife lost more than weight. She also lost her mind.'"

More than one husband confided to Dr. Hart that he would rather have his wife 'fat and happy than skinny and witchy.'

In *The Feel Good Diet*, Dr. Hart explains the science of how diets impact the brain and how neurotransmitters affect a person's body and their well-being. Simply put, your hormones and the neurotransmitters serotonin and dopamine all work in tandem to help maintain weight control, reduce stress and let you live in a healthy manner. Including the right foods and supplements in your weight loss plan can help keep it all in balance. And that right balance leads not only to long term weight loss, but also to a happier, more positive outlook because those mood enhancing neurotransmitters are no longer depleted.

Dr. Hart also shares several common causes of low levels of serotonin and dopamine that most people aren't aware of:

*Getting older- 60% of adults past age 40 have some degree of deficiency.

*Prolonged emotional or physical stress – when stress is severe or prolonged, adrenal glands become exhausted and can't keep up.

*Hormone imbalances – hormones influence neurotransmitter release and activity.

*Sleeping poorly – most serotonin is replaced while you sleep.

*Certain medications – long term use of diet pills, stimulants, pain pills and narcotics can deplete neurotransmitter stores.

*So can caffeine, nicotine alcohol and recreational drugs.

The Feel-Good Diet offers yo-yo dieters a chance to break the vicious cycle of losing and then re-gaining weight; permanently, with complete step-by-step daily eating plans that increase serotonin production. Snacks of specific foods shown to raise serotonin levels like chocolate, certain fruits, bread, and pasta are purposely scheduled throughout the day and evening. Complete lists of these serotonin-boosting foods are provided. Full details on the nutritional supplements proven to raise serotonin levels are also given. Restaurant menus and even fast-food dieting choices that boost serotonin help dieters succeed in the real world. Recipes, like the popular chocolate S'more Serotonin dessert, are included as a bonus.

"The true goal of *The Feel Good Diet* is teaching people how to eat right, exercise right and make more serotonin," says Dr. Hart. "That way they can actually enjoy being thin."

A History of Portola

San Francisco's Portola by Rayna Garibaldi ($19.95, Arcadia Publishing)

The Portola has a long and unique history dating back to the late 1800s. Too often misidentified with neighboring districts, it has its own story to reveal.

Originally settled by Jewish immigrants, the area evolved into a community populated by nurserymen and their families who grew much of the city's flowers.

"The Road," as San Bruno Avenue was affectionately referred to by the locals, hosted businesses that included bakeries, grocery stores, pharmacies, and a theatre.

In recent years, the Portola has undergone changes as community leaders have enacted programs to beautify the neighborhood and attract new businesses and families to this locale.

Lifelong Portola resident Rayna Garibaldi, whose grandfather was a founder of the University Mound Nursery, recounts here the history of this district through a collection of fascinating photographs dating to the neighborhood's early days.

Many of the unique photographs in this book were gamered from the family archives of local business owners, nurserymen, and others who lived in the area.

The long-lost photographs and histories presented in this collection have been shared by residents of the Portola to showcase the evolution of this changing yet still thriving community.

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- 會在允許的時間內給你答案
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Justyna is a local resident who lives in Visitacion Valley. She would guard your house value as much as treating it as her own. Together with Anna's updated computerized marketing system, they can get you buyers from around the whole world.

Justyna speaks fluent Chinese (Cantonese, Mandarin and Shanghaiese). Anna speaks fluent Indonesian.

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Pride and Posture

by Rich Proulx & Malinda Tuazon

Q: I am a transgender individual -anatomically male, but I identify as female - and I am preparing for sexual reassignment surgery. My general attire is that of a woman. I work in a trendy Seattle restaurant and had no problems for three years until a new floor manager was hired. He told me last week that he would prefer I dress as a man until my surgery because "it's too obvious [I'm] a drag queen." Do I have a right to refuse this absurd request? -Incensed by Insensitivity, Vancouver, WA

A: There are no federal laws that protect you against discrimination based on your sexual orientation or gender identification. State laws protecting against sexual orientation are slowly coming into existence. As you have the good fortune of living in Washington, you are in luck. Not only do you get a break on income tax, but your rights regarding your gender identification are protected (at least in the workplace), as well. Your state passed a law in June 2006 to consider sexual orientation (including gender identity) a protected class, meaning discrimination on that basis is now illegal in employment, housing, public accommodations, credit and lending, and insurance. This means your new floor manager may have caused your employer some serious problems by singling you out and requesting you dress differently. It would have been reasonable for your manager to have requested that you tone down your makeup if he felt it was too much. There are certainly many anatomical females who have shown up to work a bit too Tammy Faye and been asked to go a bit more au natural. Assuming the clothes you wear are as otherwise work-appropriate as your co-workers, your employer really doesn't get a say in whether they're men's or women's, regardless of what's under them!

Q: One of my employees just gave me a request for an ergonomic chair from her doctor; she's been getting back pain from sitting at her desk all day. I asked her a few questions about the extent to which her back pain impedes her ability to do her job or other things. She basically admitted to me that it's mostly uncomfortable, but not an impediment to her daily life activities. She said she wants to take measures to prevent future back injury or pain. This is obviously not a disability under the Americans with Disabilities Act, so am I required to get her this chair? The one she wants is about $800! -Irked by Ergonomics, Missoula, MT

A: From the way you handled the situation and evaluated your employee's potential disability, it sounds like you've been keeping up with our column! You're correct in that your employee would not currently be considered disabled under the Americans with Disabilities Act (ADA) because she doesn't have an impairment that is substantially limiting in one or more major life activities. So, you wouldn't be required by that law to accommodate her. Ergonomics is a big business these days, and it's not because a bunch of medicine shows are going around peddling correct posture to cure all that ails you. There is mounting evidence that employers who attempt to adjust the work environment to meet employees' ergonomic needs save money in the long run by racking up fewer workers' compensation claims and other legal fees (usually charged for defending against claims of failure to provide reasonable accommodations for employees who believe they are entitled to them). OSHA has developed a program to support businesses in their compliance with regulations designed to prevent workplace injury (including back problems and repetitive stress injuries). Your best bet would be to consider the cost of the chair compared with the cost of a future workers' comp claim or a citation from OSHA or a state agency for failure to make a good-faith effort to prevent workplace injuries.

Our team of government experts would bend over backward to answer your questions. According to the American Chiropractic Association, back pain is the second leading cause of all physician visits in the U.S. Send your questions to Watercooler.Counsel@eeoc.gov. Rich is a former Supervisory Investigator and Malinda is a current Federal Investigator for the Equal Employment Opportunity Commission www.eeoc.gov. Identifying information in the questions may be fictional.

YARDCARE TIPS

Proper Lawn Watering

With the heat of summer fast approaching, it is time to start thinking about watering your lawn. Experts estimate that up to 50 percent of water used for landscape irrigation may be lost due to over-watering, evaporation, or bad irrigation system design and maintenance. Using the right watering techniques will not only help maintain the health and appearance of your lawn, it will save you time and money by avoiding wasteful practices. Here are some tips on how you can maximize your water use en route to the greenest, most lush lawn on the block:

Monitor Rainfall: First and foremost, avoid watering your lawn if you know that rain is expected. If you have an irrigation system, make sure you have a rain sensor installed. The rain sensor will automatically stop the system if it's raining.

Know Your Soil Type: A general rule of thumb is to give your lawn 1" of water each week, but different soil types require different amounts of water. To learn more about defining the type of soil in your yard, log on to www.yardcare.com.

Install an Irrigation System: Installing an irrigation system or upgrading your timer can actually save you money. New technology makes it easier than ever to program and monitor your exact watering needs, reducing wasteful over watering.

Avoid Over-Watering: Over-watering can produce negative effects on your lawn. Excess water makes plants more prone to pests and adds to stormwater runoff, which can pollute the water system.

Water Your Lawn in the Morning: Watering your lawn in the afternoon can be wasteful because much of that water will be lost to evaporation. Watering in the evening can leave your grass wet throughout the night, providing fungus more opportunities to invade your lawn.

Water Grass Near Trees More Often: Trees and their root systems pull in huge amounts of moisture, and thus the grass near them will be the first to show signs of drought.

Only Water Lightly after Fertilizing: Avoid watering immediately after fertilizing to prevent transferring the fertilizer into the city/neighborhood water system. Light watering after fertilization allows the soil to absorb the fertilizer more efficiently.

Be Aware of Your Lawnmower Blade Height: Longer grass blades increase the depth of the root system, help drought tolerance, and provide shade for your lawn's root system. Cutting higher during droughts and heat waves will prove beneficial for your lawn.

Crossword Puzzle Solution

P	A	I	D	■	R	I	D	■	O	A	H	E		
I	D	E	A	■	E	L	A	■	S	I	A	L		
N	A	R	C	■	A	L	B	■	I	D	E	A		
E	M	I	R	A	T	E	■	B	E	A	C	H		
■	■	■	O	M	A	■	T	E	R	■	■	■		
K	E	R	N	E	■	P	A	D	■	C	E	L		
A	A	A	■	S	A	L	M	I	■	H	A	E		
A	N	D	■	L	A	O	■	Z	A	I	R	E		
■	■	■	R	A	M	■	O	Z	S	■	■	■		
S	E	W	A	N	■	P	A	Y	A	B	L	E		
A	R	A	B	■	L	A	S	■	R	O	A	N		
A	D	D	A	■	A	B	I	■	U	D	I	C		
L	A	E	T	■	B	A	S	■	M	E	R	E		

Encouraging a Child's Love of Reading

Has your child read any good books lately? Encouraging reading is one way parents can help their children succeed academically and develop an enjoyable and positive habit.

"Children who have reading problems can perform poorly in school, finding it harder to master increasingly difficult subjects. So it's very important to promote a love of books at an early age-and you can start a lot earlier than you might even imagine," said Beverly Ellman, a reading and writing specialist.

Children learn to read at different ages. Some can read a simple book by age 2 while others struggle into grade school.

Here are a few tips roughly broken down into age groups; you can adapt them to your own child's abilities:

Birth to age 3

*Even a 6-month-old baby can enjoy sitting on your lap and looking at picture books without words. Parents can describe the pictures as they turn the pages. Be sure books are tough enough to withstand tugging, pulling and throwing.

*Establish a time of day when you read to your children.

*Talking helps develop reading ability. Talk with your child all day using short, simple sentences. If your native language is not English, talk to your child in your native language anyway. Practicing their first language will help them practice English.

*Let your children see you read. Children love to imitate their parents.

Ages 3 to 5

*Introduce your child to books with poems and silly rhymes, which children love to repeat. Children have a great sense of the absurd, so rhyming books such as those by Shel Silverstein can improve their language ability and tickle their funny bone.

*Take your child to the library to get his or her own library card. Let her choose her own books within reason.

Choosing a book makes reading it extra special, because the books a child chooses reflect her special interests.

*Give your children books as gifts. Share your favorites from when you were their age.

*Set up a reading area in your home where children can easily reach their books.

*Restrict the time your children watch television and limit their viewing to educational programs that teach reading basics.

Ages 5 to 11

*As children get older, you can take turns reading a book with them.

*Ask them what part of the book they like best. If the child has read more than one book by an author, ask which one he likes best and why.

*Stay involved in your child's schoolwork. Research shows that when parents are involved in a child's learning, achievement increases.

*Use tools to help older children (grades 4 and 5) experience success. For example, reading and writing programs such as Knowledge Adventure Books by You help children to tap into their creativity while learning and applying reading and writing processes. The software product is designed to allow kids, ages 8 and up, to create, edit, illustrate and personalize books.

In this program, award-winning author and actor John Lithgow motivates and guides children through the book-development process by asking thought-provoking questions. Kids' answers and details are woven into the story in unexpected ways that make reading the story a fun and involving experience.

For more information, visit www.parentspace.com.

One of the best gifts a parent can give is the gift of reading. It's a gift that not only entertains but benefits children for a lifetime. **NAPS**

Events in July at Valley Branch Library

Following are events in September at the Visitacion Valley Branch Library:

*July 3, Tuesday: Boswick the Clown entertains and delights at 10:30 a.m.for ages 3-5.

*July 3, 17, 24 and 31, Tuesday: Mother Goose on the Loose with stories songs and rhythms for young children ages birth-3 at 11:30 a.m.

*July 10, Tuesday: Toddler Massage with Amy Cooper for early walkers (ages 12-24 months) and their parents or caregivers at 11:30 a.m.

*July 10, 17 and 31, Tuesday: Preschool Storytime for ages 3-5 at 10:30 a.m.

*July 11, Wednesday: Preschool Videos for ages 3-5 at 10:30 a.m.

*July 12, Thursday: At a Manga Drawing Workshop, learn to create your own Manga comics with Oliver Chin, including a presentation and story-board development from 1:30 to 3:30 p.m. The workshop is limit to 12 teens with pre-registration encouraged.

*July 17, Tuesday: Create mysterious photos and stories at a Polaroid Photography Workshop from 1:30 to 3 p.m. for ages 5 and older conducted by Rayko Photo Lab.

*July 24, Tuesday: Join singer/songwriter Andy Z for a Musical Adventure for ages 3-5 at 10:30 a.m.

*July 31, Tuesday: Meet the Creepy Critters at 1:15 p.m. The Wildlife Association brings some misunderstood squiggly and squirmy animals for ages 5 and older. Space is limited. Call for reservations.

Visitacion Valley Branch Library is located at 45 Leland Ave. (at Desmond Street). Call (415) 355-2848.

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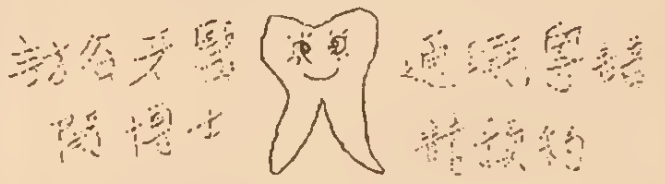

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You are cordially welcome to join us for study, worship, fellowship and service. We seek to teach the Bible and to lift up Jesus Christ so He can draw all persons to Himself.

Come to Church This Week

Visitacion Valley Police Report

by Ingleside Captain Paul Chignell

A Safe Haven for Kids

In an effort to ensure the safety of juvenile youth who live in fear of violent crime plaguing their neighborhoods, the officers of Ingleside Police Station are collaborating with the various children's advocates of Visitacion Valley and other areas to give children a safe haven where they can interact and learn the value of education and teamwork.

Our overall goal is to keep the community's children safe by keeping them off the streets while giving them physical exercise, field trips, a culturally diverse group of friends, and develop an open dialogue with the police officers who patrol their neighborhoods and act as chaperones for the various planned field trips.

A day camp will operate daily, Monday through Friday and will be of no cost to the camp participants. However, the cost of operation will be expensive. Tranportation, event tickets, field trips, equipment and food are just a few of the items that will need funding.

We estimate the average cost to fund our summer curriculum at approximately $9,000 for the summer for 150 children.

You can help by sponsoring a child with a small tax deductible donation to our non-profit "Operation Dream". Each donor will receive a thank you letter from Operation Dream.

Please send your donation to Operation Dream, c/o Lieutenant Michael Slade, Ingleside Police Station, #1 John V. Young Lane, San Francisco, Ca. 94112.

Auto Theft and Burglary Tips

*Don't leave keys in your car.
*Garage your car or have a security device.
*Don't leave your original ownership title in the car—only a copy.
*Don't leave anything of value visible in your car.
*Don't park in poorly lit areas.

Police Cases

*On May 15 at 8:10 p.m., an officer stopped a vehicle at Santos and Blythdale for a license plate violation. The driver, who lives on Cameron Way, was unlicensed. He was cited and his 1991 Toyota was towed.

*On May 17 at 4:21 p.m. on the 1600 block of Sunnydale, officers cited a local resident for trespassing on Housing Authority property.

*On May 18 at 2:22 p.m., a series of armed robberies had occurred on Kelloch Street where multiple suspects with a firearm had taken the property of employed gardeners in the area. Officers were directed to follow up on the robbery cases as we believed that local suspected gang members may be responsible for the robberies. The officers were able to get an identification of one of the suspects by the gardeners after showing a number of photographs. Officers were on patrol at Sunnydale and Sawyer where they spotted the suspect who had been identified. The suspect, a juvenile who lives on Arleta and is a suspected violent gang member, was arrested on three counts of robbery and possession of narcotics.

*On May 19 at 8:04 p.m., officers went to the 1800 block of Sunnydale and arrested a resident of Northridge for violating a restraining order.

*On May 20 at 4:54 a.m., officers were on patrol at Santos and Blythdale when they spotted a suspicious vehicle. A computer check revealed that the vehicle was stolen. The officers summoned assistance and other Ingleside officers arrived on the scene. The officers arrested the driver and a passenger for auto theft, receiving stolen property, giving false identification information and for a theft and receiving stolen property warrant. The suspects reside on the 2000 block of 47th Avenue and the 700 block of Newhall.

*On May 21 at 10:30 p.m. on the 100 block of Santos, a female suspect became involved in an argument with her boyfriend over the fact that she was pregnant and using drugs. She became enraged and struck her boyfriend about the face and rib cage causing an injury. Officers arrived and arrested her for domestic violence.

*On May 22 at 3:09 p.m., officers were on the 700 block of Rutland looking for a fugitive. They spotted the suspect and took him into custody. Another wanted suspect was standing with him and was also arrested. The two, who live on Rutland and Hyde had no bail warrants for felony assault, threats and domestic violence as well as for receiving stolen property. At 10:53 p.m., an officer stopped a loiterer at Garrison and Rey and found that the Alameda resident had a warrant for a stayaway order violation.

*On May 23 at 2:17 p.m., officers were on plainclothes patrol on the 1700 block of Sunnydale when they observed a large group of known gang members loitering in the area and secreting other gang members behind them. The officers were aware that this particular gang has been responsible for murders, shootings, drug trafficking and other violent and persistent criminality. When the officers were spotted by the known gang members a number of them began to walk away briskly. One of the suspects, well known to the officers and wanted on a no bail warrant, immediately turned and placed his hand in his waistband area and took off running full speed towards Brookdale, then Blythdale and then on to Santos. The three officers gave chase. The suspect kept looking over his shoulder and clutching his waistband as he fled on foot. Associates kept pointing out to the suspect as he was running, the position of the pursuing officers. As the suspect ran near 65 Santos, he slipped and fell with a loaded semi-automatic pistol falling out of his waistband onto the street. The suspect doubled back and again attempted to flee but was exhausted and fell again with the officers capturing him. The firearm was recovered. During this event a large group of persons gathered and taunted the officers and yelled at them. The suspect, who lives on the 900 block of Ellsworth, was arrested for a no-bail felony assault warrant, for a no bail felony malicious mischief warrant, and also arrested for an incident that occurred on May 17 where he had threatened to kill while brandishing a firearm a 14 year-old girl on Brookdale, and for firearms charges and resisting arrest for the current case. While being held at Ingleside Station his mother arrived and began yelling at the officers from outside the station to her son not to talk to the officers and attempted to barge her way into the station.

*On May 25 at 9:18 p.m., officers on the 200 block of Blythdale investigated a possible custody dispute that emanated from the East Bay. They located a suspect who lives in the neighborhood who was wanted on a warrant from Lake County for driving with a suspended license.

*On May 27 at 5:45 p.m., officers cited a storeowner on the 2100 block of Bayshore for striking a juvenile customer after a dispute inside the store. The suspect resides on Flournoy.

*On May 28 at 12:24 p.m. a police sergeant stopped a vehicle for impeding the flow of traffic on the 100 block Leland. The driver, who had no identification, could not advise of his address and was unlicensed, was arrested. His 1985 Chevrolet was towed. At 1 p.m., officers and a police sergeant went to a residence on the first block of Britton due to repeated calls of abuse towards an elderly man by his 45 year-old wife and also repeated threats. The officers arrested the suspect for threats, elder abuse and domestic violence. At 3:28 p.m., officers responded to a report of a man with a gun inside a car in a parking lot behind the 400 block of Argonaut. The officers located the suspect and found him in possession of an air gun and ammunition. The resident of the 100 block of Ney was cited on a misdemeanor charge.

*On May 29 at 5:40 p.m., an officer stopped a vehicle at Britton and Visitacion for an equipment violation. The driver, who lives on Larch, was driving with a suspended license. He was cited and his 2002 Nissan was towed.

*On May 30 at 3:43 p.m., officers and a police sergeant at Garrison and Rey spotted a fugitive walking on the street. The resident of the 1600 block of Wallace was arrested on a drug sales warrant.

*On May 31 at 1:47 a.m., officers responded to Rutland and Sunnydale where a driver had crashed her car into a parked vehicle. When the officers arrived, the driver could barely stand up and was obviously under the influence of drugs. Inside the vehicle was her 5 year-old daughter. The driver, who lives on the 1400 block of Birchwood, was arrested for speeding, driving under the influence of drugs, possession of crack cocaine and child endangerment.

*On June 1 at 2:25 p.m., an officer stopped a vehicle at Sawyer and Visitacion for a stop sign violation. The driver, who lives on the 1100 block of Hollister, was driving with a suspended license. He was cited and his 1995 Geo was towed.

*On June 2 at 9:40 p.m., a young man was on the 29 Muni bus going home when he got off the bus on Hamilton Street, a few blocks from his home. As he was walking, two suspects approached him with one striking him on the face, demanding money and the other grabbing his iPod. Just as the robbery had concluded, officers were driving by. The officers asked if everything was all right and one of the suspects said, "Nothing wrong officer, no problems." The officers stopped to investigate and determined that there had been a robbery. The two suspects, one who lives on Nichols Way and the other who has two prior arrests for robbery and refused to give his address, admitted the crime and were arrested for robbery.

*On June 3 at 6:35 a.m., an officer stopped a vehicle at Mansell and Sunnydale for a registration violation. The driver, who lives on the 1200 block of Visitacion, was unlicensed. She was cited and her 1997 Dodge was towed. At 11:15 a.m., officers went to an address on the first block of Britton where a man had repeatedly beaten his wife after a dispute regarding infidelity. The suspect was arrested on two counts of domestic violence. At 9:25 p.m., an officer stopped a vehicle at Hahn and Sunnydale for a stop sign violation. The driver, who lives on the 1400 block of Newcomb, was driving with a suspended license. He was cited and his 1999 Chevrolet was towed.

*On June 6 at 4 p.m., officers on the first block of Leland responded to Bank America regarding a woman attempting to cash a stolen check. Even though the subject left prior to their arrival, the officers were able to locate the subject and take her into custody. At 11:01 p.m., officers at Sherwin and Sunnydale observed a vehicle traveling at a high rate of speed. The officers stopped the vehicle without incident and took the driver and passenger into custody.

*On June 6, an officer went to a photo store where a photo had been developed showing a suspect holding two weapons, one an assault weapon and a black mask over the suspect's face. The officer relayed the information to the Gang Task Force. On June 7 at 3:45 p.m., a police inspector and an officer of the Task Force went to an address on the first block of Blythdale. They encountered persons in the residence, one of whom was extremely nervous and shielding his body with a 14 month-old child. The officers finally convinced the suspect to put down the child. The suspect was found to have a loaded 9 mm pistol in his waistband. The officers found another weapon and ammunition in the apartment. The suspect, who lives in Pittsburg, and has prior felony convictions, was arrested for weapons violations and a no bail warrant from Contra Costa County for assault and a probation violation.

*On June 9 at 4:40 p.m. on the 1900 block of Sunnydale, officers stopped a person who had in his possession narcotics paraphernalia. The resident of Winding Way was cited. At 7:41 p.m., a police sergeant stopped a vehicle at Bayshore and Leland for a license plate violation. The driver, who lives on the 1700 block of Silver, was unlicensed and uninsured. He was cited and his 1991 Chevrolet was towed. A passenger, who lives at the same address, was arrested for a theft warrant.

*On June 10 at 9:35 p.m., officers responded to a call on the 100 block of Britton regarding a stabbing. The subject who was upset with her son, stabbed him during their argument. The subject was taken into custody.

*On June 13 at 7:40 p.m., officers on the 500 Block of Oxford observed a female slumped over in a parked vehicle which was also occupied by two males. The male driver quickly drove away when he saw the officers. A well being check of the female was conducted and it was determined that she was alright however did have a local warrant. She was transported to Ingleside Station and booked on the warrant. At 9:24 p.m., numerous officers responded to Blythdale and Hahn on a report of shots fired. As they arrived five juvenile subjects, seeing the officers, took off running. A foot chase insued and the subjects were detained. It was determined that one of the subjects had a Shelter warrant and was taken to the appropriate location.

*On June 14 at 5:25 p.m., an officer observed a Chevy being driven by a male with no front plate on Blythdale and Santos. A traffic stopped was conducted and it was reveiled that the driver did not have a valid license to drive. He was cited and released at the scene and his vehicle towed to Auto Return.

Police Summaries

*May 13: First block of Blythdale Ave., malicious mischief, threats.
*May 13: 100 block of Brookdale Ave., found 71 year-old woman.
*May 14: Sunnydale Ave. and Hahn St., stolen 2005 Chevrolet.
*May 15: 8:20 a.m.; First block of Kelloch Ave., robbery, gun, three juvenile suspects, took money
*May 15: 4:55 p.m., 3600 block of San Bruno Ave., homicide, gun, shot on sidewalk.
*May 15: 300 block of Oxford St., missing 14 year-old girl.
*May 15: 900 block of Rutland St., death, 62 year-old woman.
*May 15: 1500 block of Sunnydale Ave., breaking windows.
*May 15: 400 block of Wheeler Ave., elder abuse.
*May 16: 9:50 a.m., Mansell and Hamilton Sts., robbery, strongarm, Ipod and cell phone.
*May 16: 213 Blythdale Ave., found 1987 Toyota.
*May 16: 215 Blythdale Ave., found 1989 Toyota.
*May 16: 100 block of Leland Ave., sexual battery, group home.
*May 16: 500 block of Leland Ave., breaking windows.
*May 17: 8:55 p.m., Santos St. and Brookdale Ave., threats with guns, suspect known.
*May 17: First block of Blythdale Ave., breaking windows.
*May 17: 1600 block of Sunnydale Ave., missing 16 year-old girl.
*May 18: Leland Ave., juvenile sexual activity
*May 19: 1744 Geneva Ave., stolen 1991 Toyota.
*May 20: 100 block of Blythdale Ave., vandalism.
*May 20: 70 Brookdale Ave., found 1988 Acura.
*May 22: 450 Raymond Ave., assault.
*May 23: 1:39 p.m., First block of Brookdale Ave., shot fired into door.
*May 24: 12:05 a.m., Rutland St. and Leland Ave., robbery, suspect had gun, victim just got off bus, purse taken.
*May 24: 12:25 a.m., 200 block of Velasco Ave., robbery, gun, suspect demands money, victim says he has nothing, suspect runs away
*May 24: 3714 San Bruno Ave., stolen 1992 Chevrolet.
*May 25: 3:35 p.m., 100 block of Mansell St., robbery, three suspects strongarm youth.
*May 25: Garrison and Rey St., suspicious person.
*May 25: First block of Kelloch Ave., threats, domestic violence.
*May 25: 500 block of Leland Ave., corporal punishment.
*May 25: 3800 block of San Bruno Ave., missing 13 year-old boy.
*May 25: 3800 block of San Bruno Ave., restraining order violation.
*May 26: 12:05 a.m., First block of Blythdale Ave., shooting, victim shot in neck area, non-life threatening.
*May 26: 1:27 a.m., 100 block of Britton St., burglary, unlocked door, television taken
*May 26: 12:17-7:30 a.m., 2000 block of Bayshore Blvd., burglary, construction site, compressor taken.
*May 27: 4 p.m., First block of Brookdale Ave., burglary, unlocked door, DVD taken.
*May 27: First block of Blythdale Ave., threats, domestic violence.
*May 28: First block of Britton St., elder abuse.
*May 28: 144 Brookdale Ave., found 1989 Honda.
*May 29: Bayshore Blvd. and Leland Ave., found purse
*May 29: 100 block of Britton St., breaking windows
*May 29: 1900 block of Sunnydale Ave., brandishing firearm.
*May 30: 6:30 a.m.-6:20 p.m., First block of Blythdale Ave., burglary, window, DVD.
*May 30: 2200 block of Bayshore Blvd., domestic violence.
*May 30: 300 block of Campbell Ave., missing 31 year-old man.
*May 30: First block of Leland Ave., probation search
*May 30: 100 block of Loehr St., theft, jewelry.
*May 30: Visitacion Ave. and Mansell St., grass fire
*May 31: 200 block of Blythdale Ave., impounded vehicle.
*May 31: First block of Brookdale Ave., impounded vehicle.
*May 31: First block of Santos St., shots into window
*May 31: 1600 block of Sunnydale Ave., breaking windows.
*June 1: 2:11 a.m., First block of Santos St., shots into window
*June 1: 9:30 a.m., Hahn St. and Sunnydale Ave., stabbing, chest area, victim mobile and totally uncooperative.
*June 1: 400 block of Raymond Ave., assault on school employee.
*June 1: First block of Towerside Ave., stayaway order violation.
*June 2: 3:30 p.m., 500 block of Argonaut Ave., burglary, clothing taken, suspect known.
*June 2: San Bruno and Silver Aves., found 2006 Chevrolet.
*June 2: 273 Teddy Ave., stolen 2000 Ford.
*June 3: 2:25 a.m., 1800 block of Sunnydale Ave., victim shot in leg.
*June 3: Brookdale Ave. and Santos St., assault, suspect known.
*June 4: 5:40 a.m., Visitacion and Raymond Aves., robbery, purse and wallet taken.
*June 4: 10:30 a.m., First block of Kelloch Ave., threats, neighbors.
*June 5: 9:35 p.m., Hahn St. and Sunnydale Ave., vandalism to vehicle, door scratched
*June 4: 5:40 a.m., Visitacion and Raymond Aves., robbery, purse and wallet taken.
*June 4: 10:30 a.m., First block of Kelloch Ave., threats, neighbors.
*June 5: 9:35 p.m., Hahn St. and Sunnydale Ave., vandalism to vehicle, door scratched
*June 6: 11:59 p.m., Wilde and San Bruno Aves., robbery, three suspects, took money.
*June 7: 8:59 a.m., 400 block of Argonaut Ave., annoying phone calls, out-of-country phone number.
*June 7: 10:50 a.m., 400 block of Mansell St., battery, student on teacher
*June 7: 8:53 p.m., First block of Rey St., malicious mischief, vehicle window broken.
*June 8: 83 Brookdale Ave., found 1996 Nissan.
*June 8: 1000 block of Girard St., fraud, ATM.
*June 8: 368 Harkness Ave., found 2001 Dodge.
*June 8: 1800 block of Sunnydale Ave., malicious mischief, domestic violence
*June 8: 400 block of Sunrise Ave., child abuse.
*June 9: 1:25 a.m., Garrison Ave. and Schwerin St., shooting, multiple shots, victim hit in face, leg, arm, critical condition.
*June 9: 2:26 p.m., First block of Garrison Ave., burglary, bathroom window, jewelry.
*June 9: 100 block of Brookdale Ave., domestic violence.
*June 9: 1600 block of Sunnydale Ave., breaking windows.
*June 11: 2:25 a.m., 1800 block of Sunnydale Ave., shooting into dwelling, no one injured.
*June 11: 12 noon, 1900 block of Sunnydale Ave., threats, neighbor.
*June 12: 5:20 p.m., Mansell and Girard Sts., robbery, purse taken.
*June 13: 2:30 p.m., Bayshore Blvd. and Leland Ave., theft of cell phone from person who asked to borrow it.
*June 14: 10:39 a.m., 1800 block of Sunnydale Ave., shooting at occupied vehicle.
*June 15: 9:30 a.m., 1200 block of Sunnydale Ave., shots fired into car.
*June 15: 1:30 p.m., 1600 block of Sunnydale Ave., burglary, window, no loss seen.
*June 15: 9:30 p.m., Loehr St. and Sunnydale Ave., robbery, purse snatch, suspect known.
*June 15: 10 p.m., 500 block of Velasco Ave., robbery, strongarm, two suspects, took cell phone and money
*June 15: 10 p.m., 200 block of Hahn St., shooting, victim shot in leg, multiple suspects in black clothing
*June 15: 70 Brookdale Ave., found 2005 Dodge.
*June 15: Geneva and Santos St., battery
*June 15: 1900 block of Sunnydale Ave., threats, suspect known
*June 15: 700 Velasco Ave., stolen 1990 Dodge
*June 15: First block of Wabash Ter., threats.

Bayview Police Update

by Bayview Captain Albert Pardini

*Saturday, May 26, 9:10 and 9:20 p.m., Portola District, *Robbery Series:* In the span of 10 minutes, two people were robbed by gunpoint in the Portola District. The firs incident took place at 9:10 p.m. at Dartmouth and Silliman streets. The victim was walking in the area and was approached by four young men. One of the men lifted his shirt and displayed a chrome handgun and demanded the victim's Ipod. The victim fearing for his life gave the robbers what they asked for. The second incident took place at 9:20 p.m. on Felton and Cambridge. The victim was approached by three males with the same description as the previous incident. One of the males asked the victim if he had any spare change. When he said no the male lifted his sweatshirt and showed the victim his gun. The remaining suspects removed the victim's wallet from his pocket, and took the victim's bag containing his laptop and Ipod. Two people were detained at San Bruno and Burrows streets. Both victim's were brought to the area, however they were unable to identify the people detained as their attackers. The suspects were described as white, Latin, or mixed-race males in their late teens and twenties. They were all wearing black-hooded sweatshirts.

Grapevine Puzzler — Automotive Follies

C	V	D	S	T	E	L	L	A	R	F	F	G	A	C	I	S	R	O	C
V	F	X	C	V	L	N	M	N	N	O	R	R	A	M	M	I	C	G	I
V	S	E	C	B	L	E	D	R	S	T	E	H	Z	O	R	P	A	Z	T
X	L	K	V	N	E	J	G	D	P	R	D	R	S	S	E	F	R	H	R
N	K	G	B	X	T	N	O	A	D	S	S	Y	D	F	D	O	R	I	O
B	J	R	C	L	S	R	C	S	T	D	F	C	U	G	R	D	T	U	E
X	H	E	G	M	E	E	V	C	V	S	H	V	C	G	A	C	R	Y	N
N	L	M	D	I	R	S	C	E	X	E	C	X	E	F	O	S	Y	U	S
O	U	L	F	N	F	X	D	S	V	I	C	L	X	R	E	F	P	O	M
I	T	I	L	K	G	V	C	E	D	R	L	V	V	V	O	G	I	R	H
C	G	N	E	V	E	C	T	X	V	A	O	A	B	G	S	R	N	T	G
S	F	E	B	G	H	T	V	C	D	V	I	D	E	C	D	O	T	S	D
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E	S	W	R	X	J	R	N	A	A	S	F	G	U	S	E	A	Y	A	M
C	A	D	O	K	S	G	R	A	J	D	H	E	S	E	S	T	L	M	A
N	S	E	N	Z	W	E	R	U	I	D	R	F	T	R	G	A	U	Y	R
I	S	A	R	A	M	A	S	R	T	L	Y	S	I	S	D	M	B	U	I
R	X	A	S	D	F	T	Y	O	P	O	E	I	N	A	U	Y	R	M	N
P	C	H	S	G	Y	D	S	S	A	D	S	R	A	T	S	O	R	E	A

Aerostar, Ambassador, Aries, Austin, Allegro, Aztek, Chevette, Cimmarron, Citroen SM, Corsica, Corvair, Edsel, Excel, Fiero, Fuego, Gremlin, Justy, Lada, Samara, LeBaron, Maestro, Marina, Matador, Metro, Pacer, Pinto, Princess, Reliant, Scion XB, Skoda, Estelle, Stag, Stellar, Vega, Yugo, Zaprozhets

Historic Proportions

2006

Match clues to answers.

1. On Dec.5, the military seized power in this country.
2. He was swom in as the President of Mexico on Dec. 1.
3. Oil pipeline explosion here on Dec. 26 killed 200 people.
4. The 2006 Winter Olympics opened here on Feb. 10.
5. More than 500,000 here marched in protest to a proposed federal crackdown on illegal immigration on Mar. 25.
6. They won the NHL Stanley Cp on June 19.
7. Massive earthquake killed more than 6,000 here on May 27.
8. Winners of Super Bowl XL on Feb. 5.
9. Horrible mudslide here on Feb. 17 killed 1,800 people.
10. They became NBA champs on June 20.
11. On Sept. 20, a new television network began operations.
12. World Series winners Oct. 27.

A. Carolina Hurricanes
B. The CW
C. Pittsburgh Steelers
D. Indonesia
E. Miami Heat
F. Lagos, Nigeria
G. Felipe Calderón
H. Torino, Italy
I. Los Angeles
J. Philippines
K. St. Louis Cardinals
L. Fiji

Answers: 1-L, 2-G, 3-F, 4-H, 5-I, 6-A, 7-D, 8-C, 9-J, 10-E, 11-B, 12-K

As a Matter of Fact

*Over 30 percent of the land in the United States is owned by the federal government.

*Clara Barton was not just the nurse who founded the American Red Cross. She was also the first woman clerk in the U.S. Patent Office.

*Sleeping on your back with a pillow under your head might prevent yur eyes from getting red and swollen, since fluid collects around the eyes when your head is level with or below your heart.

*The pretzel was first made by monks in southem Europe as a reward for children who learned their prayers. It is shaped to represent the crossed arms of a child praying.

*There are 40 spaces on the perimeter of the Monopoly board — 22 of them are properties.

*The words to the Battle Hymn of the Republic were written by Julia Ward Howe in 1861 after visiting army camps around Washington.

*The largest fish is the whale shark. It weighs up to 15 short tons — more than twice as much as an African elephant.

*The peanut is not actually a nut, botanically speaking, but the fruit of a vegetable plant related to the green pea.

*John H. Loud, an American inventor, patented the ballpoint pen in 1888.

Grapevine Five Years Ago

JULY 2002

*Visitacion Valley resident Glendy Chan was one of the Hood Recipients in San Francisco State University's Class of 2002 honored as the most distinguished graduates.

*Muni awarded a trolley pole and streetlight assembly procurement contract to a local family-owned business, Omega Pacific Electrical Supply, Inc.

Sez Who?

Match quotes to speakers.

1. "I not only use all the brains I have, but all I can borrow."
2. "Fatigue is the best pillow."
3. "Never interrupt your enemy when he is making a mistake."
4. "When you cannot get a compliment any other way, pay yourself one."
5. "Dogs eat. Cats dine."
6. "Many of life's failure are people who did not realize how close they were to success when they gave up."
7. "Only thoswe who risk going too far can possibly find out how far one can go."
8. "No day is so bad it can't be fixed with a nap."
9. "Always forgive your enemies; nothing annoys them so much."

A. Carrie Snow
B. Ann Taylor
C. Oscar Wilde
D. Benjamin Franklin
E. Thomas Edison
F. Woodrow Wilson
G. T.S. Eliot
H. Mark Twain
I. Napoleon Bonaparte

Answers: 1-F, 2-D, 3-I, 4-H, 5-B, 6-E, 7-G, 8-A, 9-C.

Sump, the Gump

Poor Rix's Almanac

by Rix Quinn

Dear Poor Rix: How can I tell if I have termites? – New Homeowner

Termites travel in swarms – much like an energized bachelor party – and can be just as destructive.

Termites resemble ants. Poor Rix tells them apart by putting the UFO (unidentified flying organism) on a piece of wood.

1. If the creature walks away, it's an ant.
2. If it flies off and leaves a hole in the wood, it's a termite.
3. If it flies away carrying the wood, it's a termite with superpowers.

Poor Rix first suspected termites when he hammered a nail into the wall, and it fell down. This not only surprised the family, but turned a bedroom into an open-air porch. Therefore, consider these preventive measures:

1. Termites love moisture, so keep water away from your foundation. If you find termites already there, don't teach them to water ski.
2. If you keep firewood in your yard, don't store it near the house. Termites flock to it, and stage an eating frenzy they call "bark in the park."
3. Termites prefer inside living, and break into the house through leaky windows. Remember this slogan: "A termite indoors makes entrees from your floors."
4. A termite lays several thousand eggs a day, many more than a chicken. However, you can sell hen eggs, and a chicken won't eat your house.
5. If you find a suspicious flying bug, look him up in an insect guide. If he eats the page while you're reading it, he'll make a lousy pet.

Dear Poor Rix: Can you explain why all presidents had a full head of hair? Roriald Reagan never even got gray. Will we ever have a bald president? – Violet

Yes, Violet, the last five Presidents have had lots of hair. Perhaps that's why they're called "heads of state."

And maybe someday we'll nominate a bald candidate, especially if his intellect shines in the primaries.

Poor Rix: Our family will soon take a summer trip. Where did the idea of vacations come from? – Car Traveler

The word comes from two roots: "vacate," which means to leave, and "shun," which means avoid. Therefore vacation means, "to shun the comfort of your town for a rustic motel near coyotes."

Cash-heavy vacationers – also called "walking wallets" – prepare for the excursion by selecting a locale. Popular destinations include (1) theme parks, (2) large cities with names jealous neighbors will recognize, and (3) historic sites like museums or dinosaur tracks. (Have you ever seen dinosaurs race? Did they have jockeys?)

Next, ask yourself about accommodations. Do you want (1) a room with nearby swimming pool, (2) a room with kitchenette, (3) a room with a flush toilet?

Poor Rix – who's been to more motels than that guy who sells little complimentary soap bars – offers these thoughts:

1. Select appropriate clothing. Swimwear may be OK for the beach, but rarely at a dude ranch, unless you are a supermodel.
2. Don't forget money, travelers' checks, or credit cards. Whoever said, "The best things in life are free" never asked for adjoining rooms.
3. Take lots of video. You'll enjoy watching it. And you can show it to visitors when you want them to leave.

Poor Rix – who wrote the book "Words That Stick" – welcomes your questions to rixquinn@charter.net.

How to Change Somebody's Mind

by Rix Quinn

Believe me, it's not easy! And sometimes, it doesn't work at all.

But while researching my book on how to produce more memorable writing, I stumbled upon these "mind changing" ideas from multiple sources.

Remember, I'm a writer, not a psychologist. So the methods shown here come mostly from writers and speakers who've successfully altered perceptions through presentations and persuasive reports.

1. Wear the other person's shoes – Ask questions to find out why someone holds a completely different view from yours.
2. Ask that person to amplify his/her position – Are your opponent's views based on actual data, or on disputed or second-hand information that might be challenged?
3. If that person's views are based on data, is the source of that data credible?
4. What common positions do you hold? Politicians can often win a hostile audience by first discussing values everyone shares. If we can agree on common goals, perhaps readers/listeners will follow us when we lead them down new pathways.
5. Can some position be compromised? In negotiations, I often give away a small point in order to show willingness to arrive at an agreement.
6. Point out your side's best points. Remember the fence-painting episode from Tom Sawyer? Tom makes his task seem so appealing his friends offer him all sorts of prizes if he'll let them participate.
7. Speaking of "good points" – Sometimes negotiation can become a "listing" contest. Can you reinforce your position by listing a number of positive things about your proposal? Example: "Ten reasons you should vote for Proposition A."

Saturdays are Special at Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). Workshops are $3 per child; $5 for a parent and child combo. All kids under 8 must be with a paying adult. Call 554-9600 for further information.

*July 7: Cut, glue and create a personal fabric flag in a myriad of textures and colors.

*July 14: Construct your own imaginary animal sculpture from our wood scrap supply.

*July 28: Experience the art of gyotaku, Japanese for fish printing, with rubber fish.

Other regular Saturday activities include:

*Morning Family Ceramics from 10 to 11:30 a.m. ($5 per person workshop fee)

*Meet the Animals from 11:15 a.m. to 12 noon.

*Animal Feeding at 12 noon.

*Golden Gate Model Railroad Club Exhibit from 11 a.m. to 4 p.m.

Sun, Wind and Water Day

Join Randall staff and volunteers and the S.F. Public Utilities Commission on Saturday, July 21 from 10 a.m. to 2 p.m. to explore what sun, wind, and water do for us and for the earth.

Try experiments and arts and crafts. Dance and sing along with kid-friendly live entertainment. Splash and play with pinwheels, sailboats, water monster and water balloons. Admission and most activities are free!

Grapevine Classified

IT'S NOT SMART to do nothing when you have something negative in your life. The issue somehow affects and becomes everybody's problem.

*Getting nervous and upset
*Feeling sick o a regular basis.
*Feeling like punching out something or someone.
*Feeling like screaming.
*Can't sleep.
*Watching television all night
*Simply not in a happy frame of mind
*Problem making the right choices

If you are experiencing any of these symptoms, we need to talk with you. Visitacion Valley Jobs, Educaiton and Training center offers advocacy and mediation services relating to all types of quality-of-life issues. Court-mandated programs available. Service and trust is our commitment to the community. Contact Marjorie Ann Williams, Counselor at (415) 239-2877.

GRAPEVINE DISPLAY ADVERTISING: new limited-time rates: Full Page $60; 1/2 Page $33.75; 1/4 Page $18.75; 1/8 Page $10; 1/12 Page $8; 1/16 Page $6. Generous discount for three or more insertions. Call (415) 467-9300 for more details. *Classified:* 20 words for $1. Extra line 50 cents. Ad and payments should be received by 15th of prior month at Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

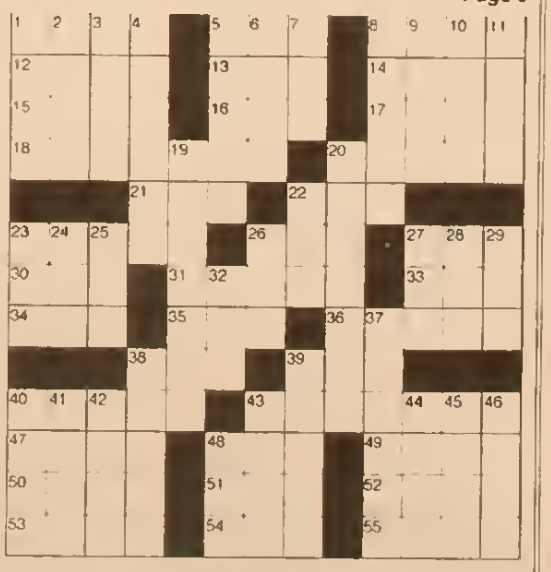
VVCC BOARD MEETINGS: Visitacion Valley Community Center (VVCC) regular monthly Board meetings, held the 4th Thursday of each month at 6 p.m., except December and May, are open to the public. Board members are selected by the members of the community center with dues currently paid, at the Annual Membership meeting held the 3rd Saturday in May each year. Any vacancies that occur on the Board due to uncompleted 3-year terms of membership are filled by appointment of the remaining Board members. At least 75% of our Board members must reside in Visitacion Valley. Persons interested in Board membership are encouraged to send a letter of interest to: Board of Directors Development Committee, Visitacion Valley Community Center, 50 Raymond Avenue, San Francisco, CA 94134. Please let the Board know what you could contribute that will enhance and improve our organization for better service to our community. You will be contacted and your letter will be submitted to the Board for consideration at either the next Annual election or of any available open positions that might occur within the coming year.

GRAPEVINE 20TH ANNIVERSARY special issue with neighborhood history still available, mailed anywhere in U.S. for $1. Send to: Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134

VOLUNTEERS WANTED for VVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitacion Valley area. Interested persons contact Dee Smith, VVCC After School coordinator: (415) 585-2059.

Crossword Puzzle

Solution on Page 8



ACROSS

1 Reimbursed
5 Free
8 U.S. dam
12 Project
13 Guido's note (2 words)
14 Outer portion of Earth
15 Sleep (pref.)
16 Albania (abbr.)
17 Design
18 Arabian domain
20 Shore
21 Tumor (suf.)
22 Three (pref.)
23 Irish foot soldier
26 Block
27 Celsius (abbr.)
30 Shoe size
31 Fr. meat dish
33 Have (Scot.)
34 Plus
35 Indo-Chin. people
36 Voltaire play
38 Computer chip
39 Ounces (abbr.)
40 Wampum
43 Due
47 Gamin
48 Article (Fr.)
49 White-flecked
50 Eg. skink
51 Mother of Hezekia
52 N. Caucasian language
53 Freedman in Kentish law
54 Low (Fr.)
55 Bare

DOWN

1 Long
2 "Cantique de Noel" composer
3 Yesterday (Ital.)
4 Silk substitute
5 "Giant" ranch "
6 He (Lat.)
7 Flounder
8 Willow
9 Love of Radames
10 This one (Lat.)
11 King of Israel
19 Amer. Sign Lan. (abbr.)
20 Swim (2 words)
22 Hat
23 "The Jungle Book" python
24 Belonging to (suf.)
25 Energy unit
26 Palestine Liberation Organ. (abbr.)
27 Greek letter
28 Fruiting spike
29 Civil War commander
32 Air-to-air missile
(abbr.)
37 Wild ginger
38 Polishing material
39 Watering hole
40 Hail (Ger.)
41 Mother of Brunhilde
42 Walk through
43 Para-aminobenzoic acid
44 Foreshadow
45 Hole
46 Noun-forming (suf.)
48 Science class

Visitacion Valley Business Directory

Valley free listings in the 415 area code. Call the Grapevine at (415) 467-9300.

AQUARIUM
DRAGON CITY AQUARIUM, 144 Leland Ave., 333-4598
AUTOMOTIVE
BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE, 2596 Bayshore Blvd., 239-5239
BROTHER'S AUTO BODY, 2520 Bayshore Blvd.
CHARLIE'S GARAGE, 2550 Bayshore Blvd., 239-7450
T.W. AUTOMOTIVE, 2500 Bayshore Blvd., 585-8281
BANK
BANK OF AMERICA, 6 Leland Ave., 622-4501
BAKERS
LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253
BARBERS
BARBER SHOP, 3570 San Bruno Ave., 724-4398
DeMASI'S BARBER SHOP, 35 Leland Ave
THE SHOP (JB), 160A Leland Ave., 239-6709
BEAUTICIANS
BODY, SOUL & SPIRIT, 222 Leland Ave., 333-7261
FACE, BODY & SOUL, 3582 San Bruno Ave., 467-3223
HONG KONG HAIR & NAIL BEAUTY SALON, 199 Leland Ave., 333-1005
LUCKY HAIR, 2436 Bayshore Blvd , 586-8288
MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381
MIZ RENA'S SALON, 19 Blanken Ave., 467-3399
NAILS BY JENNY, 50 Leland Ave., 333-6800
WHO'S BADD, 224 Leland Ave., 657-3156
BLIND CLEANING
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Grand St., 467-7506
BOARDING HOUSE
ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693
BOOKKEEPERS
AMY ARAGON, PROFESSIONAL BOOKKEEPER, 467-8927
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333
CARPETS
HANSAN INTERIORS, 41 Leland Ave., 333-6382
CHURCHES
CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-5950
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave.
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457
ST JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
VALLEY BAPTIST CHURCH, 305 Raymond Ave , 467-6055
VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503
COFFEE
CANDLESTICK COFFEE, 2155 Bayshore Blvd , 467-2442
HAPPY DONUT, 2600 Bayshore Blvd., 469-5309
JOE LELAND CAFE, 28 Leland Ave.
CREDIT UNION
NORTHEAST COMMUNITY FEDERAL CREDIT UNION, 29 Leland Ave., 434-0738
DAY CARE
CAROUSEL DAY CARE, 261 Hahn St., 469-5353
DENTIST
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500
DEVELOPERS
VISITACION VALLEY COMMUNITY DEVELOPMENT CORPORATION, 1099 Sunnydale Ave., 587-7895
ELECTRICAL
TATE ELECTRIC (Joel Tate), 467-4657
FLORISTS
JOANN'S FLOWERS, 21 Leland Ave
IL FIORE FLOWERS, 2466 San Bruno Ave. 468-0145
GARDEN ORNAMENTS
SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990
GROCERS
CASA LOPEZ PRODUCE, 58 Leland Ave., 586-4745
E-Z STOP MARKET, 2203 Geneva Ave., 585-9240
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300
K.C. MARKET, 400 Wilde St., 467-3024
LA LOMA PRODUCE #2, 65 Leland Ave., 239-7520
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815
M & M SHOPSTOP, 2145 Geneva Ave., 585-0678
PICCOLO PETE, 2155 Bayshore Blvd , 468-6800
7-11, 2200 Bayshore Blvd., 468-8646
SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851
SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506
SUPER FAIR MARKET, 201 Leland Ave., 239-6856
TEDDY'S MARKET, 298 Teddy Ave.
HERBS
SAN ON HERBS, 33-A Leland Ave 333-7469
HYPNOTHERAPY
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631
INSURANCE
EDIE EPPS (A.H.E. INSURANCE), 467-0236, Fax 467-0276
ROBERT LEHMAN, CLTC (Blue Cross), 333-0850
KITCHEN CABINETS
LEE CHANG INTERNATIONAL, 25 Leland Ave, 333-2730
LAUNDRY/CLEANERS
BAY WASH, 44 Leland Ave.
CITY WASH, 83 Leland Ave., 333-9467
COIN WASH & DRY LAUNDRY, 186 Leland Ave
FORTY-NINER CLEANERS, 51 Leland Ave., 239-6418
LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412
VALLEY LAUNDRY, 90 Leland Ave.
VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030
LEARNING
FIRST PLACE TO START, 1252 Sunnydale Ave., 333-2659
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320
LIBRARY
VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270
MANUFACTURER
SEE'S CANDIES, INC., 345 Schwerin St.
MEDICAL
AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620
HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 1099 Sunnydale Ave , Appointments. 715-0310
DR SAM HO, MD, 2858 San Bruno Ave., 337-6135
NEW CARNIVAL ACUPRESSURE HEALTH CENTER, 2458 Bayshore Blvd., 337-8100
NORTH EAST MEDICAL SERVICES, LELAND AVENUE, 82 Leland Ave., 391-9686 (ask for Leland Avenue clinic)
PORTOLA FOOT & ANKLE CLINIC (Dr Divyang Patel) 2858 San Bruno Ave. 467-7500
NOTARY
ROYAL PACIFIC MORTGAGE, 46 Leland Ave., 333-4900
ORGANIZATIONS
ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd., 587-2689
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700
GIRLS AFTER SCHOOL ACADEMY, 2060 Sunnydale Ave., 333 Schwerin St., 584-4044
JOHN KING SENIOR COMMUNITY, 500 Raymond Ave., 239-6233
LELAND HOUSE, 141 Leland Ave., 405-2000
ROCK (Real Options for City Kids), 590 Leland Ave., 333-4001
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499
PHARMACY
VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811
PHOTOGRAPHER
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620
PLUMBING
MARK VOELKER PLUMBING, 99 Arleta Ave., 467-7401
POST OFFICE
VISITACION USPO, 68 Leland Ave., (800) 275-8777
REAL ESTATE
JUSTYNA P TO, (Realtor, Coldwell Banker), (650) 757-8868, Mobile (415) 830-1235, Fax (650) 246-1910
LaFLUE-WALTON & ASSOCIATES, 2428 Bayshore Blvd., 587-8683
CATHY KLINE SAUNDERS (Zephyr Real Estate), 215 West Portal Ave. 731-5011 ex 163
RESTAURANTS
BAYSIDE CAFE, 2011 Bayshore Blvd., 467-2023
G & L BAKERY & RESTAURANT, 198 Leland Ave., 239-6283
HERNANDEZ TAQUERIA & BAKERY, 98 Leland Ave., 587-7721
LUAN FAT BAKERY, 110 Leland Ave., 585-1167
TWO JACKS, 167 Leland Ave., 337-0433
SCULPTOR
CARTORIGINALS (Mikal Cartor), 2 Hahn St., 239-4138
SELF-DEVELOPMENT
DYNAMIC DEVELOPMENTS (Marjone Ann Williams, CEO, Career and Self-Enhancements Specialist) 467-7608
SERVICE PROVIDERS
THE VILLAGE, 1099 Sunnydale Ave., 239-5045
VISITACION VALLEY BAPTIST CHURCH OUTREACH CENTER, 57 Leland Ave.
VISITACION VALLEY BILINGUAL EDUCATION, SUPPORTIVE SERVICES & TRAINING (VVBESST), 120 Leland Ave.
VISITACION VALLEY COMMUNITY CENTER (VVCC), 50 Raymond Ave., 467-6400
VVCC FAMILY & COMMUNITY SERVICES CENTER, 161 Leland Ave., 586-6998, Fax 586-8027
VISITACION VALLEY JOBS, EDUCATION AND TRAINING (VVJET), 1099 Sunnydale Ave., 239-2866
TAVERN
THE CLUB HOUSE, 25 Blanken Ave.
TELEPHONE
D & A WIRELESS, 78 Leland Ave., 452-4139
VARIETY
GOLDEN 99 CENTS ZONE, 5-7 Leland Ave., 333-3923

Voice of Small Business

It's More Than a Pants Suit

by Todd Stottlemyer

Did you hear the one about the $65 million pair of pants?

It sounds like the start of a joke, but unfortunately it's not.

A Washington, D.C.-based lawyer has filed a $65 million lawsuit against a local dry cleaner for a missing pair of pants.

Despite the fact that the pants were found and the owners attempted to settle the case, the lawyer instead brought a suit claiming that the shop was violating consumer protection laws.

This attorney is also an administrative judge, so you'd think he would understand how frequently the legal system is abused and be sympathetic to its victims. Instead, he's apparently chosen to join the ranks of plaintiffs who target small businesses.

He alleges that the shop's "satisfaction guaranteed" and same-day service guarantee weren't met, and therefore, the dry cleaner is liable for $1,500 per day, per violation, per person.

He is suing the shop owner, his wife and their son, adding in $500,000 for emotional damages, $542,500 in legal fees (even though he is representing himself) and other costs for a total of more than $65 million. As outrageous as this suit sounds, it's not surprising that the defendant is a small business.

Small business is the target of lawsuits because trial lawyers understand that they're more likely than a large corporation to settle a case rather than go to court. Small businesses don't have in-house lawyers to inform them of their rights, to write letters responding to allegations made against them, or to provide legal advice.

They don't have the resources to hire an attorney, nor the time to spend away from their business fighting these small-claim lawsuits. Often, they don't even have the power to decide whether or not to settle a case – their insurance company makes that decision.

For the small business with five employees or less, the problem often isn't the million-dollar verdicts that make the news. It's the $5,000 and $10,000 paid to settle a suit. When you consider that many small businesses gross $350,000 or less a year in general, $5,000 – $10,000 can significantly impact a small-business owner's bottom line.

Needless to say, those costs mean that the entrepreneur can't spend money on other needed expenses, such as providing health insurance. The Pacific Research Institute recently released a report called "Jackpot Justice," which estimated the social and economic costs of our legal liability system.

The PRI estimates that the annual price tag for a family of four is $9,827 in costs and lost benefits. The additional healthcare costs associated with legal liability, they estimate, added 3.4 million Americans to the list of those without health insurance.

There are literally hundreds of cases of small businesses who have been subjected to frivolous lawsuits. Our "sue first" culture is hurting small-business owners and slowing job creation across the country.

The growing number and costs of lawsuits threaten to significantly stifle the growth of our nation's economy by hurting this important segment of that economy.

For that reason, we need to reform our nation's civil justice system. After all, a true system of justice shouldn't fly by the seat of anyone's pants.

Todd Stottlemyer is president and CEO of the National Federation of Independent Business in Washington, D.C.

Visitacion Valley Family and Community Services Center

For a Better, Healthier, Safer Community for All

We Can Help You!

Complete Immigraiton documents, assist with SF County paperwork (Medi-Cal, Welfare, etc.), education workshops, referrals to other services

First Series of
Interacting with Your Child Through Games and Activities
"Emergent Writing"
Thursday, July 12
5:30 - 7 p.m.

Free dinner, books and educational games.
Participants with children ages 0-5 encouraged.

Parents' Workshop
Thursday, July 26
5:30 - 7 p.m.

Theme: Discipline

Free dinner and childcare!
Participants with children ages 0-5 encouraged.
Facilitated by Julia Carmen, *Before The After*

Every Wednesday

July 11, 18 and 25
6 - 8 p.m.

Men's Classes
Facilitated by
Before The After
FREE Refreshments

Free Food Distribution
Every Monday,
3 - 4 p.m.
July 2. 9, 16, 23 and 30
Emergency food box
available anytime.
Call (415) 586-6998,
Monday-Friday,
9 a.m.-5p.m.

July 2007 Activities

held at 161 Leland Avenue
except where noted

Enhanced Information and Referral
Every Monday Through Friday
July 1 to 31, 9 a.m. - 5 p.m.

Parents Committee Meeting
Friday, July 5, 5:30 - 7 p.m., 325 Leland Ave.

Parents and Children Hands-On Literacy
Theme: Paint Pot and Plant the Bamboo
Saturday, July 7, 10:30 a.m. to 1:30 p.m.
66 Raymond Ave. (Gym)

Child Passenger Safety Educational Workshop
4 to 5 p.m.
Thursday, July 5,
Tuesday, July 10
Wednesday, July 18

Learn about the California laws and how to properly install a car/booster seat in your vehicle. Call 586-6998 or 586-6046 for more information.

161 Leland Avenue, San Francisco, CA 94134
Tel: (415) 586-6998 Fax: (415) 586-8027 e-mail: meriam_vvcc@sbcglobal.net

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